

SEXY HOLLYOAKS SPECIAL!



Jennifer Metcalfe!

**2
HOT NEW
SHOTS!**

**Plus!
Megan
Fox!**



Nuts

£1.80 Sp €3.10/Gr €3.60

8-14 Ap

BRITAIN'S BIGGEST SELLING MEN'S WEEKLY!



**ANNIE IN
HOLLYOAKS!**

**+ Hot new star
Annie Cooper!**

Jennifer Metcalfe!

The most streamlined Mercedes ever!



TWO-FACED!



**A SNAKE WITH
TWO HEADS!**

**CHAMPIONS
LEAGUE SPECIAL!**



HE'S BACK!

THIS WEEK

8-14 APRIL 2011

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GIRLS!

Jennifer Metcalfe p44



IN Nuts!



CARS!

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FOOTY!

Rafael van der Vaart p55



TURTLES!

One critter, two heads! p40

IN THE Nuts OFFICE!



"Wills" and "Harry" rock their Phones4U mankinis



Nuts man Sam has a tea break!

Nuts NEWS

ENJOYING BATHTIME, EVERY WEEK!

Nuts EXCLUSIVE!

Hollyoaks' all-new hottie!

**HOLLYOAKS
SPECIAL!**

It's ridiculously hot soap lady Annie Cooper!

It must be great working on *Hollyoaks*. They've already got a cast crammed with astonishing hotties, but they always seem to find space to squeeze in just one more superbabe. So say hello to Swedish-born stunner Annie Cooper, who joins the cast as troublemaker Alex. Her new character is set to spat with resident corker Jennifer

Metcalf's Mercedes as they fight for the same bloke. But first, what better introduction to the show – and her – than a nice photo shoot for *Nuts*?

Hi Annie! How does it feel to be on a *Nuts* shoot? It's been a really fun day – I've loved it! **What can you tell us about your character, Alex, who's new to *Hollyoaks*?** Well, she's going to

cause quite a stir... I think Mercedes may have met her match. It'll be interesting to see how it all pans out! **Will you be fighting over a lucky bloke?** Alex causes a bit of tension between Mercedes and her fiancé Riley – some feathers will definitely be ruffled! **And how much are you like Alex in real life?** I wouldn't say I was like Alex, no! Ha-ha! But ➡



ON TV!



BATH BOMB!

I think she'd be really good fun on a night out, someone who could get the party started!

So what do you like doing in real life? I love going to the gym. I'm an ex-gymnast and dancer, so I like keeping fit and using my body... Not like that! Ha-ha!

What kind of dancing did you do? Well, I was a trained ballet dancer! I can walk on my toes, on point. It's not the most comfortable thing but my gymnastics training has toughened me up so I can handle the pain!

If we were to offer you a drink when you were out, what would you want? A mojito.

Ah, one of those pricey ones! Ha-ha! Sorry about that!

Can you tell us one unusual fact about you? I can do the splits three ways – is that unusual enough? I can also back-flip. I could teach you if we had some crash mats!

What's the weirdest fact you know? That you eat something like eight spiders in your lifetime when you're sleeping!

If you were to date a guy, what kind of things could he do to impress you? He has to be very persistent! I'm not gonna make it easy! I'm not rude, but he's got to be the one making the effort to prove he really wants me.

That's probably not difficult!

Do you get chatted up a lot? Ha-ha! If you ask my girlfriends, they'd probably say yes, but when I'm out, I'm oblivious. The best thing to do is just come up and talk, no cheesy chat-up lines. Just start a conversation and ask how I'm doing, you know?

Not really! Is this kind of sexy underwear what you wear in real life? Oh yeah, I wear it every day, popping off to the shops in my underwear!

Really? No, you silly! Not to go to Tesco in! But I do love sexy underwear – what girl doesn't? There's a sexy set I've been wearing that I want to steal. I don't have anything similar, so I'd like to take that with me!

Thanks, Annie! Finally, do you have a nickname? Oh yeah,

I've had a few. I get called "Minicoops" quite a lot, because of my surname. Though usually it's just "Coops"! ■

"I can do the splits three different ways!"



BLONDE BABE!

NOW SEE JENNIFER METCALFE ON P44!

In your face!

**Hardcore zebra
kicks lion into touch!**

He'll have reckoned it was going to be so easy. "I'll just go and grab that zebra – that'll fill me up nicely," he probably thought.

However, this lion in Tanzania reckoned without the zebra's ability to deliver a brutal back-legs kick to the face. One such kick later, one lion lay dazed on the floor and one zebra trotted off very much alive.

A happy ending then – if, like us, you like seeing man-eating beasts getting kicked in the gob.

WORDS: PETE CASHMORE PHOTO: CATERSNEWS.COM



"For the last time,
I'm not a horse in a
Newcastle strip!"

EAT HOOFF!



0-100 IN 6.7 SECS!



Single-seater Veyron beater!

The British-built
BAC Mono is
a track monster
with a tax disc!

"You want me to go
in the car wash? You
must be joking!"

ROAD LEGAL!





Air-conditioning
standard on all models

- Born in *Hollyoaks* country, the BAC Mono could be the most hardcore, road-legal, track-day tool ever. And that's because the Cheshire-based Briggs Automotive Company have basically built a Formula Three car with a tax disc and MOT!
- Is that a bold claim? Well, how does 0-100mph in 6.7 seconds sound?
- Weight (or lack of it) plays a big part in that blinding stat. The Mono clocks in at just 540kg due to copious amounts of carbon fibre. Oh, and no roof. Or doors. Or stereo.
- When a car is this light you don't need a b*llcock-tearing V8 or V12 with a fistful of turbos. Behind the F1-style one-man cockpit, there's a Cosworth 2.3-litre four-cylinder motor punching out 280bhp, giving a power-to-weight ratio of 520bhp per tonne – even better than the 16-cylinder Bugatti Veyron!
- With a top end of 170mph, it won't match the Veyron's max speed, but a Formula Three-spec paddle-shift gearbox, lightweight racing rims, adjustable race suspension and a limited-slip differential should make it a suitably mental driving experience. Oh, and the steering wheel is detachable, for when you park it somewhere dodgy.
- And all this amazing grunt is just £79,950 over the counter. Trust us, that's the sale of the century.

WORDS: JONNY SMITH



"Er, where do I put
my golf clubs?"

Milla Jovovich

At a birthday party, London

This is brilliant. Milla flew over to London's Royal Albert Hall to flash a nip at ex-Russian PM Mikhail Gorbachev's birthday party! Well, beats socks or a *Midsomer Murders* DVD!

OOPS!

Amber Rose

Out shopping in New York

Out shopping in Manhattan, this is ex-Kanye West squeeze Amber being the worst ever player of the "guess where my piercings are" game! In her ears, of course, you big silly!

RUDE NEWS

Lady news friendlier than England vs Ghana!

Victoria's Secret ladies

In an LA hotel in swimwear

Quick Victoria's Secret quiz! Here are Adrianna, Candice and Alessandra. One of these three ladies recently had a baby. Can you guess which? Answer: who cares!

Rhian Sugden

In movie *Your Highness*

Rhian hasn't "gone native" since the whole Vernon Kay silliness. Nope, she's in comedy flick *Your Highness*, as "Forest Woman". She didn't have any lines, but what a performance!



In Nuts photo shoot

NEWS FLASH!... NEWS FLASH!... NEW



On her hols in Miami

Nuts news
flash!

Holly Peers on Prince Harry's charity Arctic walk
"I'd go with Harry! He's the party prince and we'd get on really well. We could cuddle to keep warm!"

Holly Peers on Prince Harry's charity Arctic walk
"I'd go with Harry! He's the party prince and we'd get on really well. We could cuddle to keep warm!"

The InBetweeners take America!

MTV remake our favourite TV show!

PHOTOS: GETTY

There's a long tradition of English telly comedies getting a US remake. For every *The Office* (now on season seven), there's a *Spaced* (a stillborn flop).

But our hopes are high for an American version of *The InBetweeners*. Picked up for a 12-episode series by MTV, it's being produced by *Arrested Development* chap Brad

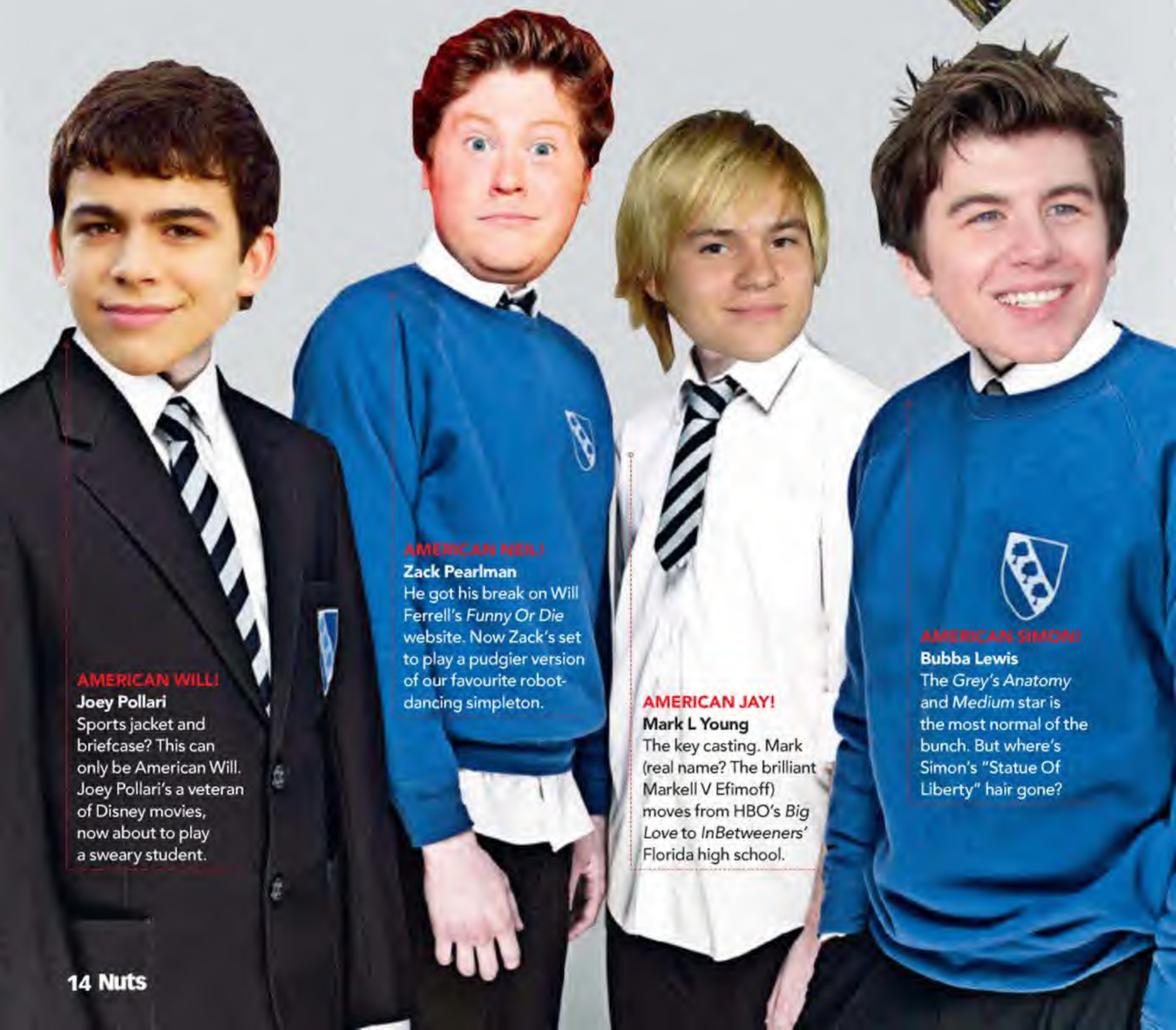
Copeland and co-written by original scribes Iain Morris and Damon Beesley.

We can't wait to see what the US version of "bus w*nk*ers!" is!

THE BRITS!



THE YANKS!



AMERICAN WILL!

Joey Pollari

Sports jacket and briefcase? This can only be American Will. Joey Pollari's a veteran of Disney movies, now about to play a swearsy student.

AMERICAN NEIL!

Zack Pearlman

He got his break on Will Ferrell's *Funny Or Die* website. Now Zack's set to play a pudgier version of our favourite robot-dancing simpleton.

AMERICAN JAY!

Mark L Young

The key casting. Mark (real name? The brilliant Markell V Efimoff) moves from HBO's *Big Love* to *InBetweeners'* Florida high school.

AMERICAN SIMON!

Bubba Lewis

The *Grey's Anatomy* and *Medium* star is the most normal of the bunch. But where's Simon's "Statue Of Liberty" hair gone?

THE **Nuts** LIP-READER!

When he watches a match, he sees every word! John Cassidy is a **real** lip-reading expert. And an FA coach!



Frank Lampard:
"Come on, come on! Keep doing it right down the flanks! Get round the back!"

WALES VS ENGLAND Millennium Stadium, Saturday 26 March, 3.41pm Lamps dishes out tactical instructions to his team-mates.



Joe Hart: "What's happening? Are they having a cup of tea in there?"

ENGLAND VS GHANA Wembley, Tuesday 29 March, 7.55pm The keeper jokes with Gareth Barry as Ghana keep England waiting.



Derek Boateng:
"Red card! Red card! No, red!"

Andre Ayew: "What you f**king doing?"

ENGLAND VS GHANA 9.28pm The Ghanaians call for strong action from the ref after James Milner's foul on Asamoah Gyan.



James Collins: "No! No chance! No chance!"

Andrew Crofts: "Are you winding me up?"

WALES VS ENGLAND 3.06pm The Wales duo are up in arms with the ref after England win themselves an early penalty.

POTTY-MOUTH OF THE WEEK!

ONLY IN Nuts!



Craig Bellamy:
"Calm down - f**king pr*ck! F**k off!"

WALES VS ENGLAND 3.02pm The fieriest of fiery Welshmen has an early set-to with Wayne Rooney.

PHOTOGRAPH BY JAMES HARRIS FOR NUTS

It's Miss Wales!

Courtenay Hamilton. As approved by Fabio Capello.

The lovely Courtenay Hamilton, aka Miss Wales 2010, gave sweet renditions of the English and Welsh anthems before the home nations went at each other for 90 minutes in their Euro 2012 qualifier last week. Sadly, it wasn't the Cowell-approved vocals we noticed, but the England management team of Fabio Capello and Franco Baldini brazenly checking out Courtenay's pert behind at the Millennium Stadium.

So here, especially for you, messrs Capello and Baldini, is a little bit more of Courtenay! You should make her captain – how controversial could it be?



FAB-ULOUS!



EYES DOWN!



BEAUTY!



STUNNING!

Nuts GEAR

WORDS: RORY BUCKERIDGE



£82

Adidas Pellara cricket bat

www.adidas.com

Nuts says: This is what Kevin Pietersen will be brandishing in the County Championship when he returns from injury, that is!

£TBC



The Galaxy Tab is a lightweight 589g compared to the iPad 2's 607g

Samsung Galaxy Tab 10.1

www.samsung.co.uk

Nuts says: Trumps Apple as the world's thinnest tablet at just 8.6mm thick, and runs the Android operating system.

Echostar HDS-600RS

www.amazon.co.uk

Nuts says: One lead to your TV, one to your router, so you can record digital TV and watch it anywhere with the internet!



The HDS-600RS packs a 500GB hard drive. Impressive!

£350



Roberts Union Jack Revival

www.robertsradio.co.uk

Nuts says: Lovely digital radio swathed in our awesome Union Jack flag. We could blather on more but, really, that's it!

£200

Check out more reviews at www.nuts.co.uk/reviews



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JIM JEFFERIES! GOES NUTS!

Warning: highly likely to cause offence!

"China and Japan have the world's smallest breasts!"

The Earth moved for them

I hear a community centre in Bedford has banned fat women from joining the dance classes they have there because they've started to make the floor shift. I didn't know it was possible for fat f**ks to actually make the Earth move just by throwing themselves around. If this is the case then the US should probably put itself on a f**kin' tsunami alert!



from the state of her. I thought she'd been dead for years!

The Mike is broken

I was reading that Michael Barrymore tried a comeback at the London Comedy Store doing stand-up, but he bombed. After the show, loads of the crowd went on Twitter and said his jokes were old and tired and he was no longer cutting edge. I'd just like to stick up for him here – maybe his jokes are poor, but this is a drug-taking gay man who throws parties where people end up dead in the swimming pool. Christ, how much more cutting edge do you want?

A sad Tayl

I was shocked to hear about the death of the legendary movie star Elizabeth Taylor (right). Not because I give a stuff, but because, judging



while Africa and Asia have the smallest. So, last week we found out that China and Japan have the smallest penises, this week we find out that they also have the smallest breasts. No wonder they're taking over the world – they've got nothing to distract them!

Burger off!

Did you read about the guy on the roof of McDonald's in Lowestoft, who was

threatening to leap off to his death and the crowd down below started encouraging him to jump? Ordinarily, I'd think



this was a bit sick, but when you're drunk and you can't get into McDonald's 'cos there's some idiot on the roof, then that's completely acceptable as far as I'm concerned.

What I really want to know is why the guy couldn't just get down off the f**kin' roof, then go into McDonald's and kill himself more gradually by guzzling their burgers like the rest of us?

Jim Jefferies: *Alcoholocaust* Live is out now to buy on DVD





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Fox flogs flimsies!

Long may Armani make knickers!

Us chaps have a lot to thank Armani for. Not just its output of nicely turned-out suits and the odd skinny tie. Nope, for the past two years, they've had the lovely Megan Fox signed up to promote their ladies'

skimpies, forcing her to shoot scene after scene after scene in just bra and panties.

Just think if she'd signed to a knitwear company? Or wetsuits? Or Ugg boots, or something? It really doesn't bear thinking about!



GORGEOUS!

Basingstoke tanning salon's most glamorous customer dropped by for a top-up



"Wake me up in half an hour in time for Neighbours!"



She loved her new transparent phone

STUNNER!

The Aston Martin mobile!

Car chaps imagine concept phone!

WORDS: RORY BUCKERIDGE
PHOTOS: TINI PRESS

Aston Martin are, of course, largely known for cobbling together some of the most desirable cars on the planet. But they've decided to extend their expertise to the world of mobile phones. Partnering with luxury Canadian mobile makers

Mobiado, they've come up with this truly amazing concept – the CPT002 mobile phone.

The only thing in the way of this phone becoming reality is battery technology, screen technology and, you know, basic physics. But when did that ever stop anyone at Aston?



THE ASTON

The phone will sync with the car to work as a satnav, starter and post pics the car takes on Facebook or Twitter.

THE SIM

The processing load goes onto the SIM card, so as well as holding all your contacts, it also runs the phone!

THE SCREEN

The CPT002 is essentially a sapphire panel with platinum edges. The glass is a colour, capacitive touch screen.

A KEY

The phone will also act as the key to your supercar, automatically unlocking the doors as you approach.

SAFETY FEATURES

In the event of a crash, an accelerometer would send GPS information and a call to the emergency services.



Nutter scales world's tallest building

Spider-man belies that whole "French are cowards" thing

Fearless French climber Alain Robert (usually known simply as Spider-man) has made a name for himself as a building-climbing nuisance. In the past, he's scaled the Eiffel Tower, Kuala Lumpur's Petronas Twin Towers and London's Canary Wharf tower.

So tackling the world's tallest building – Dubai's 828m Burj Khalifa – was clearly a box he was desperate to tick. And this time, as he used a rope, the owners were quite happy for him to test his mettle. "Finally, there was nothing more to climb. I was on top of the world!" said Alain. To himself.

PHOTOS: REX FEATURES, GETTY IMAGES

828m

12.15AM: He reaches the top. In just over six hours. That's over three-quarters of a kilometre climbed, straight up.



10PM: Four hours in and Dubai is lit up like a Christmas tree. And a tiring Spidey actually manages to increase his pace.



550m



8PM: Still in the daylight, Frenchie is making good progress on the wider, lower third of the skyscraper.



6PM: Our man arrives at the Burj. He points the building out for the benefit of our more cerebrally challenged readers.

828 METRES HIGH!

300m

0m

DON'T LOOK!

Pictures for the stronger stomach!

Send your injuries to dontlook@ipcmedia.com

'I was dragged under a bus!'

Crossing the road almost kills unlucky bloke!



PEELED!

Superman sometimes wished he didn't have X-ray vision



SKINNED!

"Yep, turns out beauty really is only skin deep"

If you thought the Green Cross Code was a waste of time, maybe this will change your mind! Scottish barman Brendan Lennon almost paid the ultimate price for careless road crossing.

Brendan, 23, tells *Nuts*, "I was out drinking with my rugby team in Selkirk. As I was crossing the road, a bus smashed into me and I was dragged along for 15 feet. The road was a bloodbath.

"The doctors saved my leg, but had to take skin grafts from all over my body. I'm still going to hospital to fix ongoing problems. Hopefully, this'll make other people more careful when crossing the road!"

"I had a full mop before the accident!"



ON THE MEND!

WORDS: RICH JENKINS *EDITOR'S DECISION IS FINAL
TERMS AND CONDITIONS ON PAGE 72 APPLY

Win £1,000!

Think you can do better? Here's your chance. The best "Don't Look!" picture published in 2011 will win £1,000 in cash!* Submit your images and contact details to dontlook@ipcmedia.com

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LIVE LIFE ON YOUR TERMS.**

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samsung.com/uk/galaxyace

Samsung GALAXY Smartphones.
WHERE THE POSSIBLE BEGINS.



YOUR LETTERS

The weekly dose of pics and poetry that keeps us chuckling!

Send your letters to nutsletters

Ladies, this one's for you

Dear Nuts,
Here are a group of my boys serving in Afghanistan to remind us all that 1 Platoon always protect their Nuts!

John Thompson, via email

Well, as reminders go, this one's unforgettable, chaps!



The sunbathers had finally had enough of Punch and Judy

Oops!

I loved your recent feature on rappers with weird names (Nuts March 18-24) but I think you missed out the best one of all. Behold this classic from my own record collection!

Alan Hemery, Tonbridge

It probably doesn't mean the same thing in the USA. Well, we certainly hope for his sake that it doesn't!



LETTER OF THE WEEK!

What a bummer

Dear Nuts,
Here's a photo of me and my mates in Afghanistan wearing the T-shirts you sent us. I think it's a good candidate for Stealth Bumming Corner, although on second thoughts, it's not exactly stealthy!

Adz Hugill, Afghanistan

Yeah, the presence of a gun in the picture does kind of remove the stealth factor!



Fat chance of offence

Dear Nuts,
Check out this basketballer for French side Olympique Antibes!

Graham Hagan, via email

He must get a slap every time a woman asks his name!



"Why doesn't anyone want my autograph?"

STEALTH BUMMING CORNER!

"Here's a picture of my mate Ryan stealth bumming while competing in the 2011 Tough Guy contest." *Bryn Parry, via email*

ONLY IN Nuts!



Is this the way to Ali G's place?

Dear Nuts,
I'm a technical advisor for a humanitarian de-mining company in Sri Lanka. I saw this sign on my travels and thought it looks a great place to live!

Andrew Archer, Sri Lanka

It'd certainly look good on your business cards!



"OK, which way's Pontefract from here?"

Coming soon: Incredible Hulk Opticians

Dear Nuts,
Who could resist going for a check-up at this absolutely brilliantly named dentist?

John, via email

We'd be worried about what he'd use to chip off plaque!



"Anaesthetic not working yet? 'Kerpow!'"



RS!

@ipcmmedia.com or the address on p72

CAMERAPHONE CUTIES!

Sexy snap-happy babes!

Send us your pics! Text 'Nuts' and your sexy camera-phone pic to **0771 388 8008***



"I've got some celery stuck just here"

A little Britt of alright!

Dear Nuts,
Me in all my *Nuts* finery!
Brittney Tomlinson, Kent
And very fine finery it is! Ladies, bag yourselves a sexy *Nuts* outfit at www.nuts.co.uk/vests



"Sorry about the stuffed toys!"
Anne, Dartford

ONLY IN Nuts!



"Me in my fancy nightie!"
Chloë, Barnsley

Win Durex stuff!



Send your letters, hilarious spam pictures and camera phone cutie shots to: nutsletters@ipcmmedia.com or post them to the address on page 72. The sender of this week's best letter* will win fantastic goody bags from our friends at Durex, containing a year's supply of Durex condoms, plus various other items to keep both yourself and your missus happy. Visit www.durex.co.uk for more information.



"Sultry or what?"
Storm, Romford

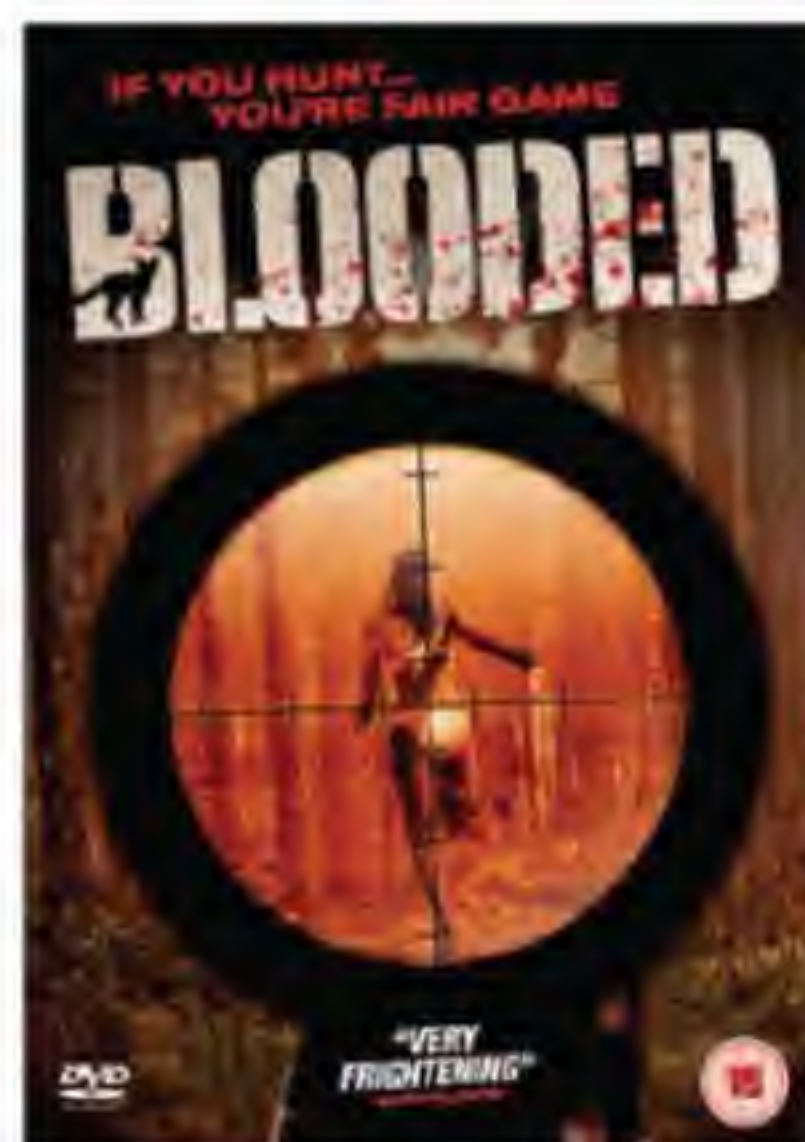
gore blimey



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DVD out now

Completely shocking in its depiction of onscreen violence, *Caged* has already gained notoriety as a stylish, unforgettable and gruesomely relentless example of extreme cinema at its most terrifying



£9.99

DVD out now

Kidnapped, stripped and abandoned in the Highlands of Scotland, five young people are forced into a deadly game where the hunters become the hunted

Very frightening - **Empire**



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YOUR JOKE

Bursting with all the best gags, every week!

Send your jokes to nutsjokes@ipcmedia.com

I went to a bulimia party last night. The place was heaving!

Wes, via email

I tried ever so hard to buy a legitimate DVD in Somalia, but it's just full of pirates!

James Naylor, Ingatestone

Q: What's the difference between Fagin and Arsene Wenger?

A: When Fagin sent his kids out, they came back with some silverware!

Julius, via email

I hired a brass band to celebrate the birth of my child. I enjoyed it, but I think my wife was a bit annoyed with the 15-hour drum roll!

Rich Smith, Winchester

Q: What do they say if you're late to Sarcastics Anonymous?

A: "Really nice of you to join us!"

Tom Church, Anglesey

"So, Charlie, where did it all start to go wrong?"



JOKE OF THE WEEK!

Mr Sheen

Charlie Sheen disappears on a private jet to a tropical island with a handful of porn stars in tow, and the headline reads, "Charlie Sheen in a bad place." What kind of a place are we all in?

Jamie Lillith, Coventry



Get stuck in

A bloke walks into a bookshop and says, "Do you have that new self-help book for men with tiny willies?"

The girl says, "I don't think it's in yet."

He replies, "Yep, that's the one I'm after."

Danny Gunn, Rotherham



Peachy

A woman is in court charged with stealing a tin of peaches. The judge asks, "How many peaches were in the tin?"

"Four," she replies.

He tells her that she'll serve four months – one for each peach. As she's being led away, her husband shouts from the public gallery, "She stole a tin of peas as well!"

Alex Thrower, Sussex



Smells a bit funny

A fella walks into a pharmacy and says, "Can I have some deodorant, please?"

The girl behind the till says, "Certainly – ball or aerosol?"

The man replies, "Well, I was just going to put it under my armpits!"

Danny Grant, via email

Win Blu-ray player & Wes film!

To celebrate the release of Wes Craven's *My Soul To Take* on DVD and Blu-ray on 4 April, the sender of this week's funniest joke* can witness the horror for themselves with the film and a Harman-Kardon Blu-ray player to watch it on!



*EDITOR'S DECISION IS FINAL. TERMS AND CONDITIONS ON PAGE 72 APPLY. SEND YOUR JOKE TO NUTSJOKES@IPC MEDIA.COM OR TO THE ADDRESS ON PAGE 72

S!



dia.com or to the address on p72

FAMOUS BLOKES' JOKES!

The beat goes pong

I was having lunch in a restaurant yesterday when I suddenly realised that I needed to break wind. The music was really loud, so I timed my gas with the beat of the music. After a couple of songs, I started to feel better, so I finished my coffee but then noticed everyone was staring at me. Then I suddenly remembered that I was listening to my iPod.

Frank Bennington, Bromley



JIMMY CARR:

"If you were a homeless, alcoholic Scot and you had Tourette's, how would you ever know?"

SEAN LOCK:

"Tim Berners-Lee invented the internet and gave it away for free. If Alan Sugar had invented it, he wouldn't have given it away. Mind you, it wouldn't f**king work, would it?"



BILLY CONNOLLY:

"Two guys are talking and one says to the other, 'What would you do if the end of the world was in three minutes' time?' The other one says, 'I'd sh*g everything that moved. What would you do?' And he says, 'I'd stand perfectly still'"



FROM THE PRODUCERS OF
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THE TRUTH ABOUT SEX WITH... **SOPHIE READE**

Nuts girls solve your bedroom bother!

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**ONLY IN
Nuts!**

Will her work pals hit on her?

My girlfriend has started a new job and has made loads of male mates. I'm worried that they spend all day flirting and it's driving me mad. What do I do?

Steve, Borth

All women flirt a little at work, but at the end of the day you're the one she comes home to. Anyway, I'm sure that you flirt a bit with the ladies at work, too – I think you should trust her and stop being so paranoid!

Is she the one?

I cheated on my girlfriend with a barmaid and I made her orgasm – something I've never managed with my girl. Is that a sign we shouldn't be together?

Barney, Stevenage

It seems like a sign that you want to be single. If you're going to cheat then perhaps it's because you're not happy in your relationship and would be better off playing the field. It's not fair to string your missus along.

I don't like sex!

I've been with my girlfriend for a year. In the beginning, I couldn't wait to have sex, but recently I've become less bothered. Is this normal?

Rex, Dorchester

It can be, but the secret is to keep things interesting in the bedroom. I recommend trying new positions and role-playing to spice things up. Your sex life is as good as you make it!

**"Spice up your sex life
with some role play!"**

IN OUR OFFICE!

She's been around a bit!

I found out that my girlfriend of two years has slept with 30 men. It's changed how I think about her and I've turned into a bit of a mess. How can I get everything back on track?

Matthew, London

You shouldn't judge her on how many men she's slept with, because despite that, she chose to be with you – so think of yourself as the winner! What happened before you came along shouldn't be relevant.

Nuts BABES' SEX TIPS!

No.41: "The best person to judge what underwear will make her sexy is her. Let her choose what you buy her!"
Stacey Massey



**NEXT TIME: LUCY PINDER
ANSWERS YOUR LETTERS!**

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Nuts!

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Text 'Nuts' and your picture to **0771 388 8008** (texts are free but standard network charges apply*). Pic Of The Week wins £100 cash! ** Terms & conditions on page 72.

FAIR COP!



"Oh, the delicious irony of this moment I captured recently!" **Firthy, Doncaster**

YOLK JOKE!



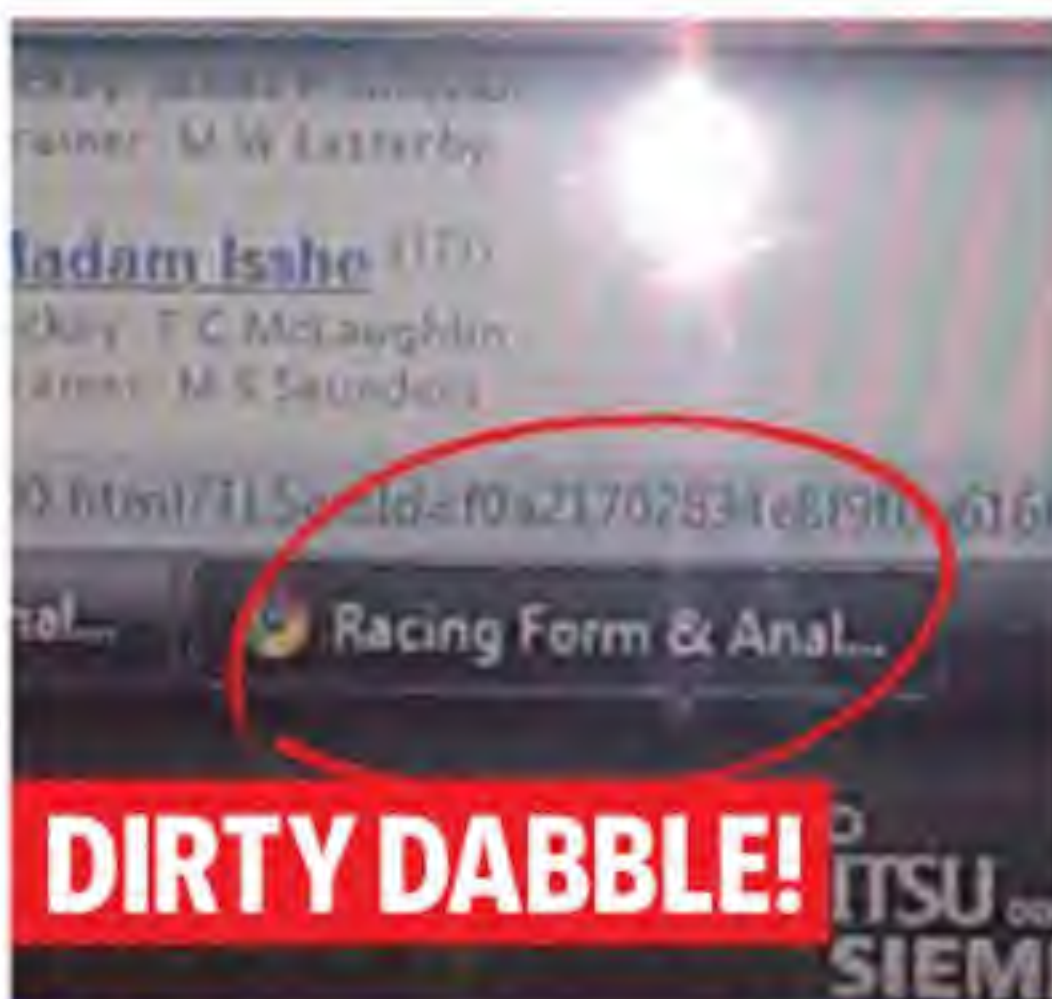
"Is it just me, or do the eggs in this fry-up seem a bit unappetising?" **Anon, via text**

NAFF TATS!
CORNER!



"I got Popeye on my leg – then I noticed his pipe comes out of his ear!" **John David, Lancaster**

DIRTY DABBLE!



"I didn't realise you could get this from a betting account!" **Rich, Rotherham**

DUFF DISCOUNT!



"I was out shopping and saw this amazing bargain! I'll take it!" **Anon, via text**

SMUTTY SIGN!



"A judicious use of tape made for a great photo!" **Dan and Luke, Birmingham**

CRUDE CAR!




"I don't even know what this is about, but it made me laugh!" **Anon, via text**

IT'S SABINE!

Sty's
Sister





me!

Gents, meet
the 32F lovely
from Latvia!

Hi Sabine! How does it feel to be in *Nuts*? It's amazing! I think I'm looking my best in these shots. I think I'm looking good. It's really nice to be in *Nuts* – it's something I've always wanted to do. **Where are you from?** I'm from Latvia originally but I live in London now. I've been in the UK for three or four years. I came to be a model and now I'm doing it! Latvia is really beautiful but I love England just as much now. **Tell us a bit about yourself...** I'm really spontaneous as a person and I can be a bit crazy – in a good way, though! ➡

IT'S SABINE!

"My boobs are a
really nice shape!"

WILLIAMS: COLLEEN KELLY PHOTO: JOE MCCOMMELL STYLING: KAREN WILLIAMS PROPS: PAUL BIVER



What are your favourite parts of your body? My bum, my eyes and my boobs. I love my boobs because they're just shaped really nicely and my nipples are in the right places and are nice and even!

Which other *Nuts* babes do you admire? Lucy Pinder of course – she's the nuts! I like Rhian, she has really lovely boobs and she's very pretty. And the new girl, Lacey. Her boobs are unbelievable!

What underwear makes you look the sexiest? The smaller the better! Tiny knickers and a very revealing bra, I guess.

How would you describe your personality? I'm friendly and kind, and I'm outgoing and shy at different times. If people are open around me then I'm open, but if people are serious I'll be serious, too. And my mood depends on if I've had enough sleep, ha-ha!

How can a bloke please you in the bedroom? Stimulate my body and my brain. And don't rush! There's no rush. Well, actually, sometimes there is... but not every time!

What's the most fascinating thing about you? People say that I'm quite funny. I don't know if it's fascinating but I'm always saying random things that crack people up.

What are your favourite things in the world? Beaches, because who doesn't like them? People, as everyone is so unique and interesting, and food! I eat almost everything, except those insects that you see people eating in Asia!

What annoys you? I'm easy-going but I can't stand people who are rude and arrogant.

Fave book and film? When I was younger, *Puss In Boots* and *Pinocchio*. Now I'd much rather watch films. Comedies are the best – *The Hangover* was brilliant. Just don't take me to see anything scary!

Thanks, Sabine! Finally, will we see you in *Nuts* again? I hope so. I've really loved it! I'd organise a shoot with every single *Nuts* girl and I'd be the star. There'd be about 100 boobs on show! ■



NUTS INTERVIEW

THE PAPPHIT\$



"Read your mind? No, I've
got a banging headache!"

The Dragon on his new show, ladies' knickers and football!

Hi Theo! You have a new show called *Britain's Next Big Thing*. What's it all about? In *Dragons' Den*, you constantly get people coming on who say, "Mr P, it's not your money I'm after but your contacts in retail. I've been knocking on doors but nobody will see me." And so I thought it would be a brilliant idea to invite the public in to pitch to the retailers for real with an idea they have for a new product.

Were you impressed with the ideas? Well, there was the good, the bad and the damned ugly! There was a lot of sh*t, as one of the buyers put it, but there were also some great ideas. One, in particular, you kept asking yourself why nobody had done it before.

What's your all-time favourite daft pitch that you saw on *Dragons' Den*? There have been so many ridiculous ideas but I remember one woman who spent hundreds of thousands of pounds on a bit of plastic to put a shower hose on for travelling! She told us, "Some hotels have hoses and not proper showers." Well, you could have stayed in the best hotels in the world for the amount of money she'd spent on that idea!

You used to be the chairman of Millwall FC. Are there any other football teams at the moment that you feel could do with a little bit of Paphitis intervention? No! I retired years ago from football. My only team is Walton & Hersham FC – that well-known club! They're very happy sitting in Division One of the Ryman League. They're a local amateur football team and it's local amateur football. I quite like that.

Loads of magazines have guest editors these days. Would you fancy having a crack at being editor of *Nuts*? Yes, I'd love to! When can I start? I would make



"If you want to bribe me with ice cream, you could at least put a flake in it"



Duncan imagined he was holding Theo's head and squeezed...

sure that the first thing anyone saw on my magazine was so strong they'd want to buy it. And once they picked it up, they would want to finish it before they put it back down again.

"I'd love to have a go at editing *Nuts*. When can I start?"

Are you worried about any off-camera remarks getting you and the other Dragons in trouble, Keys and Gray style? I don't want to comment on

them. I didn't understand the joke. That whole female assistant referee thing stopped being a joke in football seven or eight years ago. It's not something that happens now. You don't see a girl running down the line and think, "Oh my God!" because women have been around in football for years.

What would we have to do to get you to lend us a tenner? Give me a subscription to *Nuts* magazine for two years.

All you Dragons are careful with your money but which one of you is the stingiest? I'll let your readers work that one out but I don't think it's going to take

them a lot of thinking to guess which one of us it is!

Have you ever asked Duncan Bannatyne to do a Sean Connery impression? No, but I've asked him to pay for a drink and I didn't get that either!

The *Nuts* team have come up with some product ideas for you. What do you think of these – something that glues cans closed again? A closeable can, now that would be interesting. That's actually not a bad idea. Whoever came up with that on *Nuts* needs to think about a career change!

Budgerigar fashion? I can't believe they don't already have clothing for a budgerigar somewhere!

A pubic lawnmower? What does that even mean? What's a public lawnmower?

Never mind. Let's move on...

You own the ladies' underwear firm Boux Avenue and before that you used to own La Senza.

Are you just a bit obsessed with ladies' undergarments?

It's true, I do love ladies' lingerie. I don't wear it myself, obviously, but there's definitely something about ladies' lingerie that makes a woman sexy. It's far sexier for a girl to have clothes on than no clothes on. This thing about nudity doesn't quite work for me. Ladies' lingerie is a great product.

Apparently, you own a fleet of top cars. What's next on your automobile shopping list?

Well, we've just chromed a very beautiful Maybach car. I paid £350k for it a couple of years ago. We chromed it for Comic Relief and there are stickers all over it. That's my favourite toy at the moment!

Thanks for the chat, Theo.

Finally, we're not going to lie to you – you're not really the scariest of the Dragons. Did you boys have to fight it out to see who got to be the bad guy? Ha! The most frightening Dragon has got to be Duncan, especially with all that work he's had done. You should see the stitches some time... ■

Britain's Next Big Thing is on BBC2 on Tuesdays at 8pm

ANIMALS WITH TWO HEADS!



Where all the
creatures have double
the features!

COW!

Alright, so this Chinese cow actually only has one-and-a-half faces. C'mon, though, that's still pretty remarkable!

MOO TIMES TWO!



TURTLE!

Two heads, several legs, but only one shell: yes, this plucky Pennsylvania pet store resident is one of a kind.

LIZARD!

What do you do when you have a bearded dragon lizard with two heads? Buy it two small party hats, of course!

PYTHON!

This carpet python came into the world in St Louis, Missouri. "We're well hissed off," the snake probably didn't say.



TWO-HEADED ANIMALS



PIG!

His Chinese owner thinks this porker is "abnormal but healthy". Are the producers of *Babe 3* calling already? Er, no!



LAMB!

This lamb's ability to look two ways at once didn't ensure a long life. Stuffed, it now "lives" in a Reykjavik shop window.

GOAT!

Meet the Cuban goat they call "La Prodigiosa"! It means "The Wonderful", apparently. And not "The Bleating Freak".



FLEECY FREAK!



MULTI-MOGGY!

CAT!

Cute? Almost. This Aussie kitty could only eat through one mouth. Don't know which face got genital-licking duty!



FISH!

This Chinese stickleback can eat twice as much as normal sticklebacks. Well, it could before some fella caught it! ■

COCAINE SUBMARINES

SUBMARINES CAN CARRY
SEVERAL TONNES OF DRUGS



THE VESSELS ARE
NOTORIOUSLY HARD TO DETECT

Colombia's cocaine submarines!

Home-made craft trafficking drugs beneath the sea!

Imagine you're a Colombian drug smuggler, wanting to flood the streets of countries like the United States and Mexico with cocaine. How do you move your product?

You can use human mules, but this means small loads being transported in an arduous process. You can fly drugs in, but the risk of being intercepted and shot down is high. You can ship it in on speedboats and hope the US Coast Guard doesn't catch you. Or you can take your drugs underwater.

Up until a few years ago, the tactic of smuggling drugs out of

Colombia in submarines was seen by law enforcement agencies as an intriguing oddity, with about four cases a year between 2002 and 2007. But then the practice seemed to erupt, almost overnight. There were more cases of cocaine-smuggling subs being stopped in the first three months of 2008 than in the previous six years. The tactic, it seemed, had started to catch on.

And catch on it did. American law-enforcement authorities estimate that in 2011, 480 tonnes of cocaine will be smuggled out of Colombia in submarines and that only 15 per cent of that huge amount will be intercepted by the US Coast Guard – finding the craft, after all, is “like looking for a floating log in the middle of the ocean”, according to one US anti-drugs official.

Such descriptions perhaps explain why Colombian drug

smugglers are prepared to go to all that trouble.

“All that trouble” is a long and remarkable construction process deep in the Colombian jungles to evade detection. Cartels will bring together a team of 15 to 20 workers and have them set up a jungle camp, and then effectively set up a submarine construction plant and go to work.

Dodging the authorities

Using equipment powered by generators, they build the submarines by hand, making them large enough to carry several tonnes of cocaine and a handful of human traffickers, but small enough that they're almost impossible to detect. Most of the craft cannot fully submerge in the manner of regular submarines, but they can get far enough under the surface of the water to become almost undetectable. The cost of building one of these subs runs to about £300,000.

However, in recent times, more sophisticated craft have been discovered under construction, boasting satellite guidance systems, 300hp engines that can power the craft at 10mph, dive to depths of up to 30 feet and can be operated by remote control, and even super drug-subs costing up to around £1.25million to assemble.

Sometimes, the submarines never even make it to the sea. In February this year, the

Colombian Navy seized a 100ft fibre-glass vessel in the jungles of the southwest of the country, and it was the largest and most sophisticated craft of its kind captured to date. However, even those submarines that do make it out are designed to be eminently disposable.

Most of the submarines may be slipping through the US Coast Guard's net, but the ones that are spotted have a unique way of avoiding smuggling charges – they simply destroy

“It's like looking for a floating log in the ocean”

the craft by flooding them with seawater and sending them, cocaine cargo and all, to the bottom of the ocean to rest and rust. The crew, meanwhile, don life jackets and bob on the surface of the water, waiting to be rescued, safe in the knowledge that their incriminating evidence is plunging to a depth where it will never be recovered.

Occasionally, as in the case of a recent seizure of seven tonnes of cocaine by US Coast Guard officials off the coast of Guatemala, the crew may fight back, or throw their craft into high-speed reverse in an attempt to throw boarding law officials into the sea. If the sub



evades the authorities, then once the cocaine is unloaded, it's again sent to the bottom of the ocean, its work done.

The subs are so effective that authorities in both the US and Colombia have been forced to invent new laws to combat them. In 2009, Colombia's congress passed a law that made simply building a submersible craft illegal and punishable by up to 12 years in prison, because such craft have one use and one use only – the trafficking of cocaine.

Snaring the smugglers

At the US end, you can now earn up to 20 years in prison just by being on an "unflagged" vessel (one that's not registered to a specific government), whether that vessel is being used for drug smuggling or not – again, an unflagged makeshift submarine in US waters can only be being used for one thing.

Even if the crew decide to take the option of sinking the craft

before their illicit cargo can be captured, the new law would make them as punishable as if they were caught with a whole submarine full of cocaine. All of this should give a clear idea as to how seriously the submarine problem is being taken.

As a symbol of the US Coast Guard's recent successes in stopping these underwater smugglers, a submarine named Bigfoot sits outside the Naval Air Station Key West in Florida, soaking up the sun and being scrutinised by passers-by.

Forty-nine feet long, made of steel and remarkably high-tech, Bigfoot arrived in Florida via the ocean off Costa Rica, where it was snared in 2006 carrying four traffickers with AK-47s and three tonnes of cocaine.

It now serves as a physical reminder of what the US Coast Guard is up against – a new breed of smugglers' vessel, running silent and invisible in the vast ocean. ■



SOME SUBMARINES CAN DIVE TO A DEPTH OF 30 FEET



480 TONNES OF DRUGS WILL BE SMUGGLED IN 2011



A HUGE VESSEL WAS SEIZED IN FEBRUARY



THE SUBS ARE DESIGNED TO BE DISPOSABLE



THE VESSELS ARE BECOMING MORE SOPHISTICATED



SOME SUBS DON'T EVEN MAKE IT AS FAR AS THE SEA



BIGFOOT WAS SHARED OFF COSTA RICA IN 2006



JENNIFER
METCALFE

HOLLYOAKS
SPECIAL!

Jennifer Metcalf!

The *Hollyoaks* hottie – exclusively in *Nuts*!

We love bringing you good news, and we think you'll be happy to have this confirmed – *Hollyoaks* has never been sexier! Don't believe us? Then take a look at these pics of Jennifer Metcalfe. We're a bit worried though. You see, the lass who plays Mercedes is set to turn the sexiness dial up to 11 when she clashes with Swedish-born superbabe Annie Cooper's new character. Is that wise? If Jennifer gets any hotter she's going to melt through walls! ➔



ON TV!



Hi Jen! Why are all the girls on *Hollyoaks* so blooming fit? We're all just really well groomed!

We're all just normal girls, really – and it's all down to our amazing team of stylists.

Normal girls where we're from don't look as good as you! Are you all from a different planet?

Ha! Definitely not! Each of us has our own individual tricks, and at *Hollyoaks* there's such a variety of girls that there's someone to suit all tastes. We're not all stick-thin with tiny little bums and big boobs. We've got everything – curves, big boobs, light skin, dark skin, blonde and dark hair. We've got something to suit everyone's tastes!

When was the last time you had a wild night out? I'm arranging a McQueen night out for the girls tomorrow night. We haven't done one for a while, but we'll all be there – Jorgie Porter, Gemma Merna, Claire Cooper,

"The Hollyoaks girls aren't all stick thin with tiny little bums and big boobs!"

Leah Hackett and me having a cheeky night out in Liverpool. It should be a great laugh!

Who's the biggest lightweight?

Nicole Barber-Lane [who plays Myra McQueen] drinks like a fish, but does it in the space of an hour before ducking out early. I used to be the party animal, but lately I've been slowing down.

I remember going out for a meal in Manchester for Steph Waring's birthday with Gemma and Jorgie. All of them were super up for going out, but I left at half one. I just can't do it any more and the girls are overtaking me! I think Jorgie is the one to watch!

Who's the funniest? They're all nutcases! There isn't a girl on the show who doesn't have her own quirky personality – Jorgie makes me laugh my ➡





head off and I find Claire Cooper hilarious – she can make me howl to the point where I’m crying with laughter!

What’s the funniest thing that’s happened on set? Funny things happen all the time. My boobs seem to pop out around five times a day! There have been a couple of times when I’ve had to take my top off and my boobs have escaped!

After appearing on *Dancing On Ice*, will you ever go ice skating again? I had to go back for the final – but I hadn’t been training much. I would like to do it again, but I’m really busy with the day job! ➔

“My boobs seem to pop out on set around five times a day!”



**JENNIFER
METCALFE**

Any interesting bruises?

I pierced the inside of my right thigh! The blade of one of my skates went about two inches deep into my leg! It was several weeks before it healed up, but I see it as my little memory.

The dresses you wore didn't leave much to the imagination!

Were there any wardrobe malfunctions? I was happy to wear anything, really, but I thought my dresses weren't very revealing. I would've been happy to wear less!

Would you go on any other reality TV show? No, I don't think so. I didn't go on *Dancing* to better my career, I just did it because I loved ice skating when I was younger. I'd have done it for free!

What ambitions do you have left to fulfil? Sexiest Female award at the Brits? I've never set ambitious targets, but every year, things keep appearing for me. I think it has a lot to do with enjoying what you're doing in the now. Appreciate every

"My Dancing On Ice dresses weren't that revealing. I'd have worn less!"

moment and things will just keep dropping into your life. I don't like to think about the future too much because you never know what tomorrow might bring.

What would Nuts readers be surprised to know about you?

I'm really claustrophobic and I hate multi-storey car parks that have really low ceilings!

Big night out or quiet night in?

Ha! At the minute, quiet night in. It's pathetic!

Do people think you're actually like your character, Mercedes, in real life?

People have a lot of preconceptions about what I'm like before they meet me. Whether that's from Mercedes or not, I don't know, but I think people are surprised when they meet me, expecting me to be ➡





a "big" personality – but at the end of the day we all go home and do the three Ss!

What do people shout at you in the street? Considering how bad Mercedes is, I get quite a good reception from the public.

Do you believe in ghosts? No. Claire Cooper tries to convince me that they are real, but I think it's a load of cr*p!

What can't you get enough of? Curry! Loads of it. Curry and Cobra beer with a dash of lime.

If we went to yours for tea what would be on the menu?

Anything you wanted! I'm actually quite good. You name it. Fillet steak with mushrooms sound OK? I'd feed you up good.

What's a big turn-on and a big turn-off? I'm attracted to someone who's comfortable in their own skin and not trying too hard around me. I hate it when someone clearly fancies themselves too much.

Who's your ideal bloke? Just someone normal. Looks aren't everything, although I do like

"I can't get enough curry! Curry and Cobra beer with a dash of lime"

nice teeth. Someone who's fun and comfortable to be around.

What type of girlfriend are you?

I'd say I'm an easy-going and trusting person. I'd never stop my boyfriend doing anything he wanted to do. It's about giving each other space to breathe.

If we took you to see a film, what would you choose? I love the film *Blow*, and I really like action movies and thrillers.

I wouldn't recommend any sci-fi films like *Star Wars*!

If we were taking you on a first date, what'd your ideal scenario be? Take me somewhere relaxed, something like a picnic in the park or maybe even a pub quiz on a lazy Sunday. ■

Hollyoaks is on Channel 4 every weekday at 6.30pm



Nuts SPORT

SCRAPPING FOR THIRD PLACE, EVERY WEEK!

"Don't look now
after, but someone's
taking a picture!"

RONALDO!

"Help! I'm
choking on an
invisible apple!"

**CHAMPS
LEAGUE
SPECIAL PT1!**

Champions League

Your guide to the biggest two nights of the season so far!

Ronaldo: "Mourinho is the perfect coach!"

Hi Cristiano! How important is the Champions League for you this season? It's everything for me. I've won it before with Man United, but to repeat this with Real Madrid is a huge motivation. To say you're a Champions League winner twice with different clubs means you're a special player. When you were in England, you were vocal about the physical treatment you received from defenders. Are you expecting more of the same from Spurs? I always accepted that defenders in the Premier League had a job to do. Sometimes the referees made errors, though, and the wrong kind of tackles were not punished. English football is tough but fair, so I don't see any problems for me.

You must get targeted in La Liga, too. I'm used to this kind of attention. As a kid I was always the smallest, so I was kicked to the ground all the time! But then, like now, I picked myself up and continued to play. Do you miss the Premier League? Of course. I'll always be grateful to Manchester United for the opportunities they gave me, and not just in the footballing sense. I was a young man and needed support off the pitch, too – I got that from the club and the manager. Now, however, I play for Real Madrid. You've scored something like a goal a game in the two seasons you've been playing at the Bernabeu. How do you do it? Much credit must go to my team-mates but I'm just loving my football. My job is to

entertain and score goals. I want to be remembered as the guy who put smiles on fans' faces! What's it like working with Jose Mourinho? He's the perfect coach. He has experience and a way of working with the players that brings success. He has confidence in himself and his team. He commands respect. But there's talk he may come to England next season... I think he will be Madrid manager next season. I hope so! Maybe winning the Champions League will persuade him to stay! Do you think Madrid can do it? Absolutely, yes! We're the richest club in the world with many, many extraordinary players and a top coach. I can see us in the final at Wembley and eventually winning the trophy. It is our destiny!



Van der Vaart: "We can beat Real!"

Hi Rafael! You're going back to your old club. Are you out for revenge? No, I don't see things this way. I left a fantastic club because I wanted to play football. There were no personal feelings involved. I was sad but knew it was the right move.

What do you think of Jose Mourinho? He was the one who prompted your departure from the Bernabeu... He's a top coach who made his decision. I respect that. I've moved on to something new, another chapter in my career. Everything is OK!

What did you think when you saw Spurs draw Madrid in the quarter-finals? I was delighted! The opportunity to go back to such an amazing club is great. You mentioned revenge but I just felt positive. I still have many friends at the Bernabeu and the fact Tottenham are competing at such a level says a lot about how far we have come.

Can Champions League newcomers Spurs really beat the mighty Real Madrid? If we play to our ability, yes. Madrid are one of the greats of the game and are many people's favourites to win the Champions League

but I say look at our squad. We have match-winners in every position and young players hungry for success. We see this as an adventure and have nothing to lose because Madrid are favourites.

What will be key to success for Spurs? Belief. We must believe we can beat any opposition. Our confidence comes from having great players and a great manager but, more than anything else, we're enjoying the European experience – every single second of it!

Spurs' style of football has won a lot of praise. This is the only way we can play, I think! Yes, we can defend but we're at our best when we're pushing forward. Football is an art and I think the club understands this.

Thanks for the chat, Rafael! How does "Spurs 2011 Champions League winners" sound? That would be a huge thing but we're not looking too far ahead. There's this incredible match with Madrid first! Things at Spurs are going forward in a way I only dreamed of when I came here. Tottenham will be a team to respect for many seasons to come.

League special!

RAFAEL!

"Get off me, fool!
We're on TV"

Real Madrid vs Spurs

Tuesday 5 April, 7.45pm, Sky Sports 2/HD

He'd really nailed his Cristiano Ronaldo impression...

"It's OK, Carlo –
I couldn't find a poppy
with a leaf on it, either"

**CHAMPS
LEAGUE
SPECIAL PT2!**

Chelsea vs Man United!

Robbie Savage on the Champions League mega-match!

Sav on the gaffers!

CARLO ANCELOTTI

"A top-class manager who won the Double in his first season, then his team went off the boil in this campaign after such a great start – and no one really knows why! His job's now under

threat, which is a real shame because he's a classy operator, so this competition becomes even more crucial for him. I expect him to field a really attacking side in the first leg at Stamford Bridge."

SIR ALEX FERGUSON

"What can you say about my old boss that hasn't been said? He'll have a game plan but he'll keep us guessing! Will he play experienced campaigners like Giggs and Scholes? Will he line

up with just Rooney up front on his own? Or, if it's two up top, who'll partner Rooney – Berbatov or Hernandez? He has plenty of options and I wouldn't bet against him finding the right one. He always does!"

SAV!

THE BIG ONE!

Sav on the strikers!

FERNANDO TORRES

"On his day, there's no one better, but when was the last time he was really on form? The problem I have with him is that when he's scoring goals he's obviously brilliant, but when he's not, what does he give you? His attitude leaves a lot to be desired sometimes."

WAYNE ROONEY

"He's had some stick but I'd have Rooney in my side 100 times out of 100. Even when he's not playing well, he grafts hard and gives everything for the team – not something I can say about Torres. He gives much more than goals. I'd love a team of Wayne Rooneys!"



Sav on the defenders!

DAVID LUİZ

"I'm impressed with this fella. He's come in from another country, settled in straight away and shown a great combination of skill and steel – he likes a tackle! Again, centre-halves are all about partnerships and for me, the Terry-Luiz axis looks spot-on."

NEMANJA VIDIC

"A proper defender who must count as one of Sir Alex's best signings. It's no accident that he's been made captain because he leads by example, puts his head in where it hurts and is the perfect foil for Rio Ferdinand. But how will he do against old nemesis Torres?"



Sav on the keepers!

PETR CEC

"Before his head injury, Petr Cech was, for me, the best goalkeeper in the world. He commanded his area, was a great shot-stopper and always seemed to make the right decisions. But since he was hospitalised, he's looked less confident and less sharp. He's still a top goalkeeper, just not as good as he was."

EDWIN VAN DER SAR

"Football's a funny game. A few seasons ago, when Cech was ruling the roost, Van der Sar was making a few mistakes. Today, he's the most in-form keeper in the Premier League and showing what a good signing he was. I wonder if he's reconsidering his decision to retire – I'm sure Sir Alex hopes so!"



Sav's prediction!

CHELSEA WIN: 2-1

"I'm going for a 2-1 win for Chelsea at home but for United to do the business at Old Trafford

and seal the tie. Sir Alex's team are awesome with home advantage and I expect that, ultimately, to be the deciding factor."

Chelsea vs Man United

Wed 6 April, 7.45pm, ITV1/HD

KAMMY!

ONLY IN
Nuts!



He's the voice of the fans - and he's only in *Nuts*!

"Look at me - I'm the
Angel Of The North!"



Don't worry, Andy - you can still have a beer!

It was refreshing to watch England's understudies at Wembley last week, and a lot of credit has to go to the Ghanaians and their fans for the wonderful atmosphere.

Of course, the one man who grabbed all the headlines after bagging his first England goal was Liverpool's Andy Carroll, and just a few days after the manager Fabio Capello had

**"Carroll's likely
to lead the line
for some time!"**

warned him off the dangers of alcohol! The Geordie's likely to lead the line for his country for some time to come - we know Capello was a big fan of Emile Heskey before his international retirement, and what he's got in Carroll is someone who can do what Heskey did, but with the addition of goals from anywhere on the pitch.

Carroll's a working-class lad who's come from the kind of background where you work hard all week and then spend your money on a good drink on Friday and Saturday nights, and you can't expect the lad to

change overnight. What Capello was warning him about was the peril of over-indulging, something we've all done - let's face it!

Everything in moderation is the key. Nobody's saying Carroll can't have a drink with his mates every two or three weeks, but the rewards in football are so big these days, and there's so much money riding on the performances of top-level players, that he simply has to knuckle down and stay off the booze as much as he can.

Carroll has the talent to make sure England have a great

tournament in 2012 alongside the likes of Jack Wilshere and Ashley Young, and I'm sure he'll enjoy the praise that's come his way after his performance against Ghana and will want more of it.

The game as a whole was a breath of fresh air. After so many disappointing England games, we had the excellent victory in Cardiff swiftly followed by the young guns putting on a show of real verve at Wembley, and at long last there are positive signs for the future - as long as they stay off the dreaded drink!

KAMMY'S
UNBELIEVABLE-
OMETER™

UNBELIEVABLY
GOOD!

GREAT SCOTT!

It was brilliant to see Scott Parker involved for England and doing so well – I've wanted to see him in that role for a long time.



UNBELIEVABLY
BAD!



MICAH MISERY!

Sad news for Man City's Micah Richards after he picked up an injury that'll rule him out of the FA Cup semi-final against Man United. Hope he's better soon.

Mind games
from the master

Last week, Sir Alex Ferguson revealed Man United will be spending big on players in the summer. While the papers got excited about who they might be, I saw it as a sign that he knows he has some players who've underperformed, and he wants them looking over their shoulders in the run-in. Still, it wouldn't surprise me if the Scot brought in a quality midfielder.

"Why did I sign who? Bebe? Never heard of him"



"Nice one, James – that was one of the worst games ever though!"

ME AND KAMMY CORNER!

Here's me and Kammy at England vs Algeria last summer!
James Harris, Manchester

Kammy needs you!

Send your jokes, pics etc to kammy@ipcmedia.com. The sender of the best each week will win a signed Nuts T-shirt!

Chris'
crystal
ball!

Chris predicts the week's big games!

1 BLACKPOOL VS ARSENAL
10 APRIL, 1.30PM, SKY SP1/HD

"I have to back Arsenal here, simply because of their quality and the fact that Blackpool play every game like it's a cup final! They'll stay up, though."

KAMMY SAYS: 1-2

2 VILLA VS NEWCASTLE
10 APRIL, 4PM, SKY SP1/HD

"I'm not sure what's gone on at Villa this season – you look at their squad full of quality and they should be higher than they are. They'll win this at home."

KAMMY SAYS: 2-0

3 LIVERPOOL VS MAN CITY
11 APRIL, 8PM, SKY SP1/HD

"A great game to start the week, and I'm backing Liverpool to win with their momentum – and because Man City are just so uninspiring away from home."

KAMMY SAYS: 2-1

Nuts GAMBLING MASTERCLASS!

We poured this advice into a *Nuts* man's head and sent him online to try to win!

Deal or No Deal top tips!

Deal or No Deal is a game enjoyed just by those who believe in a "system", right? Well, the TV game show might be, but the multi-line slot isn't!

For as little as 5p a go, you can win big – and if you're willing to play on all lines, you could win a progressive jackpot. In fact, one winner walked off with £1.96m!

And best of all? You can win big money in the comfort of your own home!

HOW TO PLAY

- The aim is to get winning symbol combinations from a spin of the reels, with the ultimate aim being to win the progressive jackpot.
- You can gamble up to 20p on each of the 20 pay lines. That's up to 20 chances to win on each play!
- The progressive jackpot can only be won on the Deal or No Deal bonus game, but there are also two other fun bonus games called Banker's Offer and Mystery Box Bonus, where you can win cash.

THE NUMBER LINES

It's all self-explanatory – click the number beside the reels, or the "Bet One" or "Bet Max" button. Choose Bet Max for the chance to play the bonus game and win the biggest jackpots!

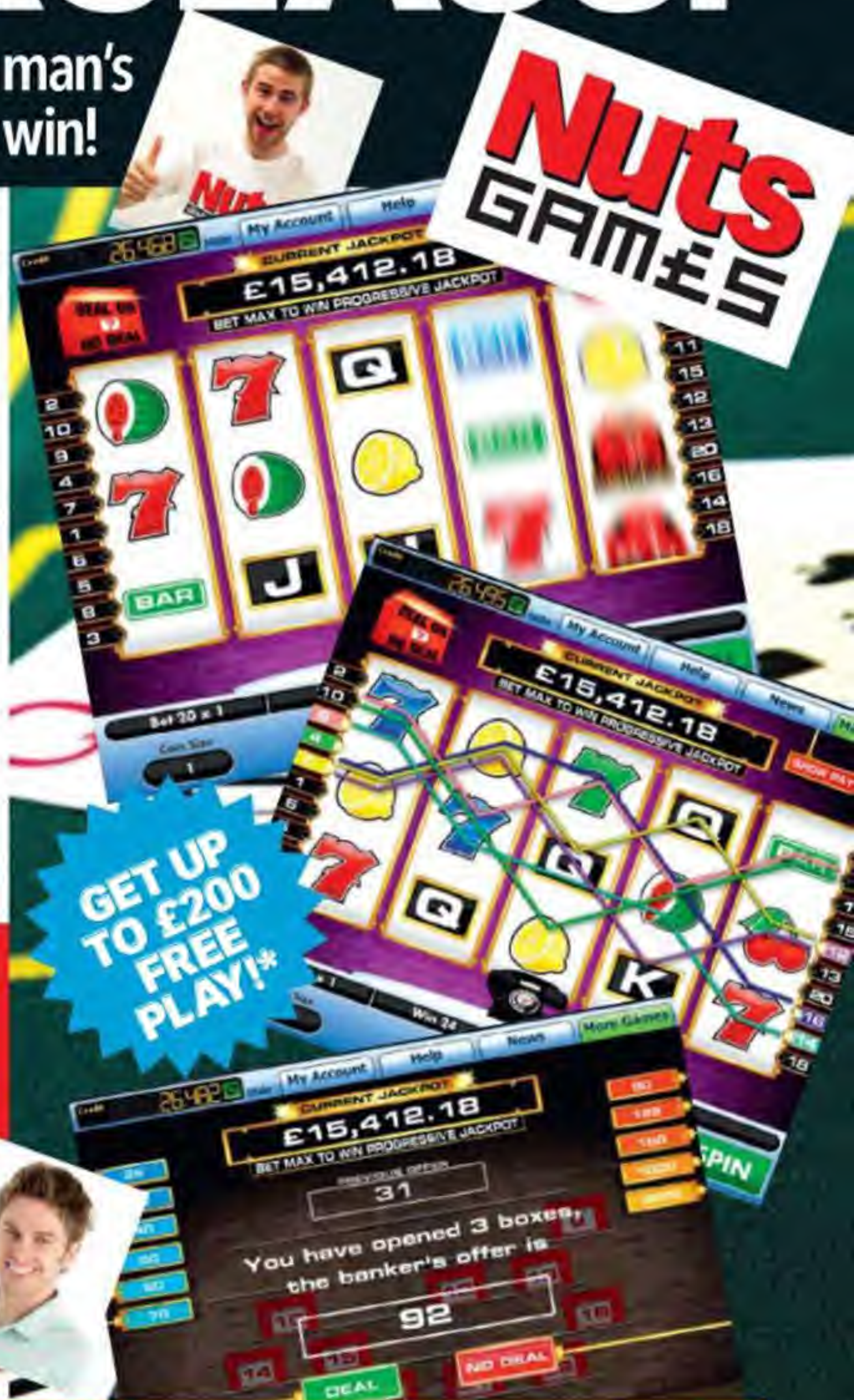
BONUS GAME

If you're betting on all 20 pay lines and you get three Deal or No Deal bonus symbols on any pay line, the bonus game begins. This is much like the Deal Or No Deal TV show, only the big progressive jackpot is at stake here. Don't be too greedy or, like us, you could end up with £8 instead of £100!

He won big!

David R won £58,236 on Deal or No Deal!**

"I was so shocked, I took the day off work. It's so hard to believe this is all real!"



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jackpotjoy.com

FOOTBALLERS' CARS!

ONLY IN
Nuts!

It's what your turnstile money pays for!

THIS WEEK...

Jermaine Pennant's BMW X6!

Pennant in great delivery shock!

If you're a Stoke City player like Jermaine Pennant, there's a fair chance you're going to spend ages chasing down wayward throw-ins from Rory Delap. Maybe that's why Jermaine has bagged himself a top of the range white BMW X6, a kind of super-fast people carrier! Hopefully, he's going to hang onto this motor – it's not long since he had to be reminded he'd left a Porsche sitting at a train station in Zaragoza for five months!

The stats!

- 0-60mph: 5.2 seconds
- Top speed: 156mph
- Max power: 400bhp
- Twin-turbo V8 engine
- This is a truly blinged-out motor, with voice-activated 3D navigation, wireless DVD system, automatic climate control and rear- and side-view cameras!

"Stop and ask for directions? Are you mad?"

£50,000

0-60 IN 5.2 SECS!

"Slowly! Slowly! He'll never notice that we're nicking his car..."

RING OF TRUTH!

ONLY IN
Nuts!

Football seen through the *Nuts* comedy glasses!

Fab's go!

"On my chest, Ashley!
The ball, I mean!"

TO ME, ASH!

"Oh, Arsene
won't be happy!"

NASTY!

"Even Torres
couldn't
miss this!"

OUCH!

"I'm telling
you there
was a bobbie!"

SOD OFF!

AND BEND!

"I'd like to
see Fabio do
this... Oh!"

AND STRETCH!

"I could still
do a job
out there...
No probs!"

MAN-LOVE CORNER!

OOOH!

"While you're down
there, mate!"

HUGS!

"I have
missed
you so
much!"

SWEET!

"In the
shower
after,
yeah?"

SAUCY!

"I'm
overcome!
That feels
good!"



NEW TO NUTS!

MANAGER'S CORNER!

No.2 Harry Redknapp!

Where we put bosses on the spot!

Hi Harry! What was the first car you owned?

It was a Morris 1100.

What was your earliest sporting memory?

Watching Manchester United with the Busby Babes win at Highbury the week before Munich. Duncan Edwards, Roger Byrne and all those boys who died in the Munich air crash [in 1958], were the most incredible team I'd ever seen. I saw their last game in England when I was ten. I still have a scrapbook with all the newspaper cuttings in it.

If you hadn't got into football, what would you have done? I left school with no education, unfortunately. We lived in east London and my dad worked in West India Docks, so I'd have worked in the docks with my dad.

What do you have on your iPod? I'm a bit old-fashioned so Frank Sinatra, Tony Bennett and Celine Dion!

Talking of getting up and giving us a song, what song would you sing at karaoke? *That's Life* by Frank Sinatra. If you had friends round for dinner, what would you cook? I can't cook anything! I can't even fry an egg.

Without my wife I would completely shut down. If your wife was going to cook dinner for you and three guests, who would they be? Muhammad Ali, for sure. I just love Muhammad Ali. For me, he's the greatest sportsman of all time. I'm a big racing man, so I'd like Vincent O'Brien, who was probably the best ever racehorse trainer. I'd also have Bobby Moore. Bobby was my biggest pal and he was an amazing man. He was the finest captain England has ever produced. Have you ever been mistaken for someone else famous? Not really, no. I don't think anyone else could be that unlucky!

Visit the Dugout every week at www.yahoo.co.uk/dugout for great new interviews with some of England's top football managers!

HARRY'S HERO!

"Help! I'm inside an invisible box!"



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'QUOTE ME ON THAT!'

This week's biggest match debaters!

"A John Thomas for Lee Dixon is perfect"

Mark Lawrenson thinks his *Football Focus* pal is short of something.



"I wouldn't like to single out one player, but you really don't want to have to play against Rooney"

Nemanja Vidic singles out one player.



"I bet on Inter Milan to win last year's Champions league. I wish now I'd put more than 25p on it"

Lost of the big betters, Harry Redknapp.



"At Man United, Samir Nasri got his leg ripped off again"

Bacary Sagna exaggerates a teeny bit.



"All good victories are wins"

Cardiff boss Dave Jones explains the meaning of victory.



"I might be throwing the hammer in the next Olympics"

Stuart Pearce plans to learn a new sport.



"Richard Kingson is Ghana's number one keeper. And if I'd been born in Ghana, I'd be their number two"

Sky Sports pundit and secret gloves man Paul Merson.



"My car, Kinky Kylie, has a tight butt, is supple and is good to look at"

F1's Sebastian Vettel has his own personal Minogue.



"If you shut your eyes and look, it's an odd scenario"

Preston boss Phil Brown reveals his party trick.



'OO-ER SOUNDS A BIT RUDE' CORNER!

"Wayne Rooney needs to manipulate in the hole"

He been in bother for that already, Tony Gale.



"Jamie Carragher is always looking at stuff on the internet"

Steven Gerrard shops his mate.



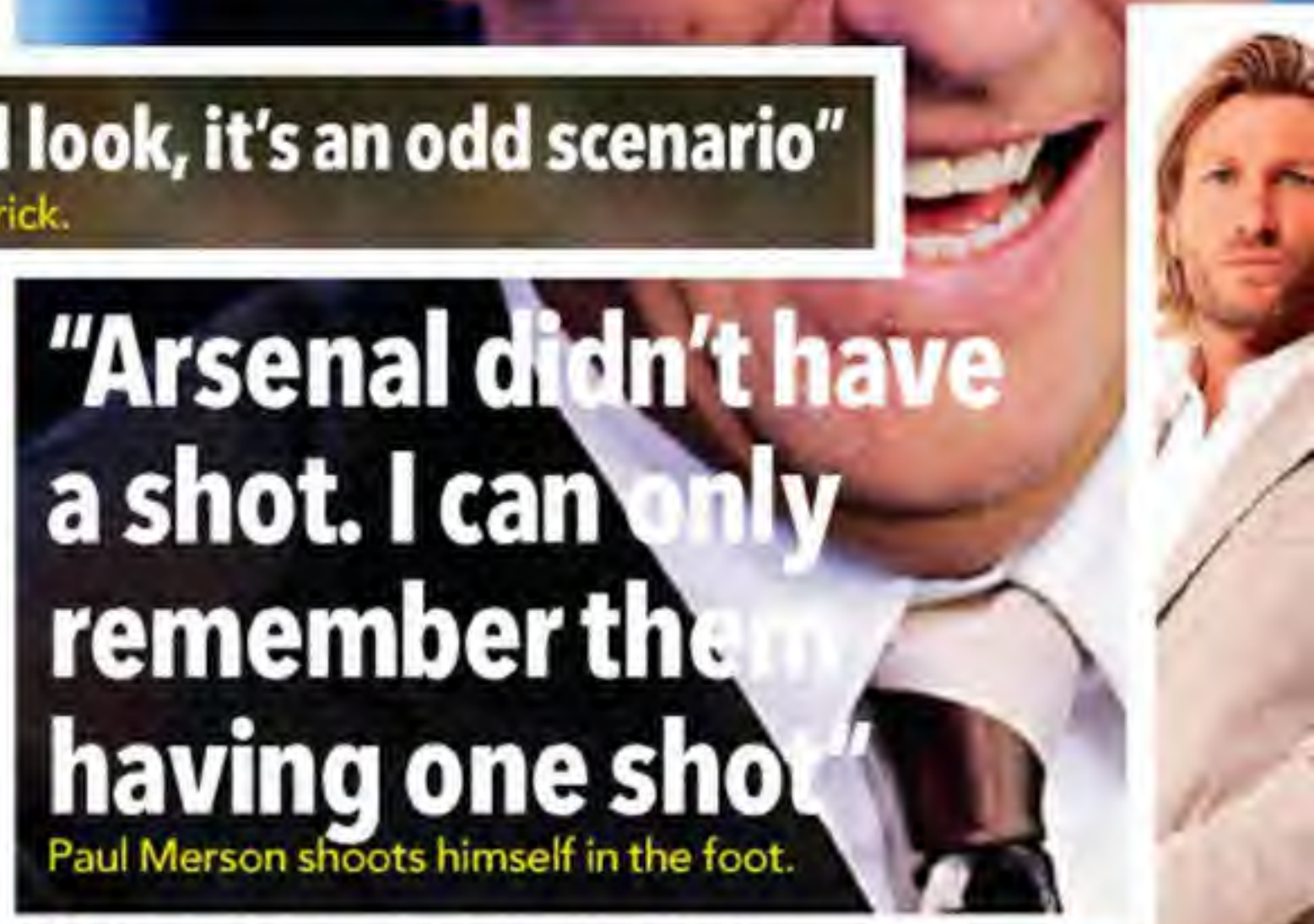
"Massa had Jenson Button coming inside him"

F1 pundit Martin Brundle spies bother.



"Arsenal didn't have a shot. I can only remember them having one shot"

Paul Merson shoots himself in the foot.



"When I stand next to Miss Wales, it's hard to tell who's who"

Apart from two big clues, Robbie Savage.



Nuts REAL GIRLS

THE BEST OF BRITISH HOTTIES!



BEDROOM BABE!

AMY 20, Birmingham, sales assistant
"If a bloke only had a fiver, he could impress me by spending it on a drink for me instead of himself!"

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The Pic She
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**"My sexiest
outfit is a
corset with
suspenders!"**

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MAN TRIES:
SLOTS!**



PLAYABILITY: 6/10 PAY-OUT POTENTIAL: 8/10 CASH MADE: £9



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BEDROOM BABES!

Vote for your favourite – and she'll star in *Nuts*!

Vote for your favourite at www.nuts.co.uk/girls

Ladies, send us your pictures! Send your photos to Real Girls UK, *Nuts*, 9th Floor, IPC Inspire, the Blue Fin Building, 110 Southwark Street, London SE1 0SU. Or email nutsgirls@ipcmedia.com. You must be at least 18 years old.

**ONLY IN
Nuts!**



Kirsty

22, Taunton, presenter

"I'd cook a bloke a meal while wearing a little black dress and nothing underneath!"



Sheri-Ann

18, Dumbarton, student

"My best features are natural 32E boobs, which always get the boys' attention!"



Becks

22, Dudley, student

"I like a man to have a little bit of stubble, but not too much – you have to get it just right!"



Suzanne

33, Southport, PA

"To impress me, go to a coffee shop for a triple cappuccino to wake me up to!"

Vote now to see more of your favourite girl!

The winner gets her own *Bedroom Babes* shoot in a future issue of *Nuts*! Choose the girl you think is the hottest, go to www.nuts.co.uk/girls, click on the "Bedroom Babes" bit and vote for her. It's as simple as that!

**ONLY IN
Nuts!**

REAL GIRLS, REAL PLACES!

Ladies, would you like Nuts to hang out with you for the day? Email a photo and a bit of info about yourself to nutsgirls@ipcmedia.com or write to Real Girls UK at the address on page 72. You must be at least 18 years old.

THIS WEEK:

Name: Amy Jess
Age: 20
Boobs: 34D.
"I love 'em"
Likes: "Down-to-earth boys!"
Ever kissed a girl?
"About ten!"
Strangest place you've had sex?
"In the woods!"
Sex tip: "Fluffy handcuffs!"

Amy Jess' amazing guide to Meadowhall

Say a big hello to a Sheffield stunner!



HELLO!

Amy Jess on... her home!

"Meadowhall's on the edge of Sheffield. It's a quiet place with a few restaurants and pubs but for a big night out, I'll head into Barnsley or Sheffield itself."

Amy Jess on... her bed!

"I get up late, usually about 11am. I have a lie-in when I can. I've been told I sleep like a mouse, so I won't keep you up all night snoring!"



Amy Jess on... her shoes!

"I like to collect shoes and put them on display. I need different shoes for each outfit. I spend about half my money on clothes and shoes!"

Amy Jess on... her boobs!

"The best thing about big boobs is that they always look nice under a tight top. I like showing off my curves. It's better than being skinny!"

Amy Jess on... Xbox!

"I like playing karaoke games like *Lips*. I love singing and dancing, so the girls come over and it's right fun! I'd love to go on *X Factor* one day!"

Amy Jess on... getting ready!

"It takes me a good hour and a half to prepare for a night out. Bath, moisturise, tan, nails, make-up, hair, get changed and off I go!"

Amy Jess on... drinking!

"I can't stop moving after a few drinks. I dance constantly! I think I'm a nice drunk, alcohol makes me a bit giddy but I can't stop moving. Ha-ha!"

**I like showing
off my curves!"**

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4th Floor, IPC Inspire, the Blue Fin Building, 110 Southwark Street,
London SE1 0SU Tel: 020 3148 5000 Fax: 020 3148 8107

Email us at: nutsmagazine@ipcmedia.com Website: www.nuts.co.uk

Editor Dominic Smith

Deputy Editor Nick Solding 020 3148 6941 **PA/Office Manager** 020 3148 6948

Editor-At-Large Pete Cashmore 020 3148 6940	Associate Editor - Entertainment Sam Riley 020 3148 6921	Associate Editor - News Rory Buckridge 020 3148 6917
Associate Editor - Features Mark Spence 020 3148 6952	TV Editor Danielle Graph 020 3148 6944	Acting Sports Editor Tim Bradley 020 3148 6951

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Production Editor Marc Gadian 020 3148 6915	Chief Sub Editor David Kenning 020 3148 6916	Sub Editor - TV Listings Mike Hall 020 3148 6946
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For work experience enquiries, please contact pete_cashmore@ipcmedia.com

ADVERTISING & PRODUCTION

Group Advertising Director Andy Goldsmith 020 3148 6700	Head Of Agency Sales Rob Freeman 020 3148 6708	Commercial Dev Manager Neil McSteen 020 3148 6707
Group Advertising Director's PA Tribha Shukla 020 3148 6700	Advertising Manager Chris Dicker 020 3148 6709	Regional Business Development Manager Oliver Scull 0161 872 2152
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MARKETING

Press Enquiries Chris Taylor 020 3148 5406	Syndication Sales Executive Cerie McGee 020 3148 5484	Senior Marketing Manager Sam Wright 020 3148 6780
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PUBLISHING

Chairman and Chief Executive Sylvia Auton	Managing Director Paul Williams	Publishing Director Jo Smalley	Publisher James Thrower
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LADIES CONFESS!

**100%
REAL
STORIES!**

TO OUR SECRETARY!



CONFESSION OF THE WEEK!

'We invited his friend to join us'

I live in student halls at uni, sharing a flat with five people, and the shared kitchen has floor-to-ceiling windows overlooking the garden. My new fella and I came home one lunchtime to find the flat empty. After we'd eaten, he pulled me onto his lap and I felt his hand reaching up my skirt. He pulled my knickers to the side and as I was so wet, he easily slipped his fingers into me. I grabbed at his hard bulge and pulled him free, then he pushed me onto the kitchen table and started screwing me. Suddenly, I noticed one of his friends standing in the courtyard watching us through the window! We fancied a threesome so invited him in! It was the best lunch break ever – but my flatmates still don't know what happened at the table where they eat their breakfast!

Katie, Bristol

'I gave him a cheeky flash'

Last weekend, my boyfriend and I had a party-packed time, with my nan's birthday lunch, then a 40th wedding anniversary,

all surrounded by family and friends. By the time we got home on Sunday evening, I couldn't wait to get my man naked. As soon as he sat on the sofa, I pulled my tights off and gave him a cheeky flash of my naked

lower half. I knelt down and released his erection from his pants, slurping greedily on his hard shaft. I badly wanted him inside me so I climbed onto his lap and rode him slowly as he sucked on my nipples. My clit rubbed against him and I could soon feel my orgasm building until it was flushing through my body. He finished me off by bending me over the arm of the sofa and pumping me until I was completely covered in his juices!

Laura, Upminster

'I got turned on by Lacey's pics'

A few weeks ago, on the way home, I called into a shop for a magazine and a bottle of wine. As I was looking at the shelf, I couldn't stop staring at *Nuts*. Lacey Banghard gazed out from the cover and I felt really turned on by her sexy body. I raced home, flipped the magazine open and felt my nipples stand on end. I couldn't believe how horny staring at a naked woman was making me! My hands were running all over my body and I was soaking wet as I stared at her perfect boobs. I reached for my sex toy and pushed it deep inside myself. I delved deeper and deeper, writhing on my bed as I imagined being with Lacey. It wasn't long before my orgasm arrived hard and I felt like a different girl! It was the best solo sex ever and I can't wait for the next time Lacey is in *Nuts*!

Beckee, Huddersfield

'My nips stood to attention'

My friend moved house this week and one morning, I was out jogging past her new place. The windows were open and music was playing so I thought I'd stop by for a chat and a glass of water. I knocked and got no answer so I went round to the garden at the back to find a hot guy whistling and painting with his top off. He was as surprised to see me as I was him, and we gave each other the once over. I felt my nipples stand to attention through my white sports bra as I gazed at his beefy upper body. He announced that nobody was in and gave me a cheeky smile. I stepped towards him and gave him a lingering kiss. As our tongues probed each other's mouths, he started tugging at my clothes. We then moved inside and before I knew it, he was going down on me on the sofa. The next day, my friend showed me around her home, stopping at the new sofa in her living room – and to introduce me to Rob the decorator!

Louisa, Brentwood

Win £50!



Ladies, send your raunchiest confessions to louise.prior@ipcmedia.com or to the address on page 72. The best one each week* wins £50! Come on, girls!

Nuts FASHION

The best jeans shirts, collared!

PHOTOS: JIM LINCOLN

10 denim shirts

BOXFRESH £60

Cool contrast detailing from Boxfresh.

TOPMAN £32

We love this cool one-pocket design.

PRETTY GREEN £125

Splash out on this shirt from Liam Gallagher's clothing line.

BURTON £38

A great lightweight shirt that's light on the wallet too.

CHEAP MONDAY £65

Famous for their jeans, their shirts are a bad clone.

5 NEW THINGS!

ADDICT £55

This would look great worn open with a T-shirt.

ROCHA. JOHN ROCHA £35

This is a cracking clean-cut shirt.

ENERGIE £78

A nice bit of Italian denim from Energie.

WRANGLER £60

A great classic from the denim legends.

LEE £60

You can pick up this shirt online. Easy!

LAB SERIES MAXIMUM COMFORT SHAVE CREAM DELUXE SIZE

£21

A huge tub of shaving joy.

Stockist:
labseriesformen.co.uk



KING OF SHAVES SUPERGEL

£4

Citrus or Black Pepper? Which new King Of Shaves scent do you fancy?

Stockist: Tesco/Boots



FUDGE URBAN SURFER WAX

£7

An ace pocket-sized tin loaded with matt super hard wax.

Stockist:
Superdrug



L'OREAL MEN EXPERT 96 HOUR SPRAY DEODORANT

£3

The Superman of armpit protection – it promises 96 hours of dryness.

Stockists: 0800 030 4032



NIVEA BLACK & WHITE ANTI-PERSPIRANT

£2

Banish stains from your clothes with this sweat and odour-busting spray!

Stockist:
nationwide



Nuts REVIEWS

DVDS/BLU-RAY!

Before the first film, Michelle Rodriguez didn't even have a driving licence



FAST & FURIOUS: THE COLLECTION

DVD & BLU-RAY CERT 15



Treat yourself to all four brilliant gas-guzzling actioners in one ace box set. With an awesome array of motors, loads of scantily clad hotties

(including Michelle Rodriguez), and undemanding plots aplenty, they're top brain-in-neutral fun, speeding you through LA, Japan and back again. Extras include a poster and deleted scenes. What's not to love? ★★★★★



APPS!



IMOVIE

IPHONE, IPOD TOUCH, IPAD 2



Embrace your inner film director with the ultimate movie-making

app. It's so easy to use that you'll be churning out mini masterpieces of your own in no time! ★★★★★

AA PUB GUIDE

IPHONE, IPOD TOUCH, IPAD



An informative app that'll show you the way to the best boozers for

food, beer and comfort in your area. Ace! ★★★★★

George Clooney owns a villa in northern Italy on the edge of Lake Como



THE AMERICAN

DVD & BLU-RAY CERT 15



Slow-moving, set in Italy and with oodles of foreign dialect, this sounds like it should be a low-budget indie film, but it actually stars Hollywood heavyweight

George Clooney as an assassin holed up in rural Italy. A Bourne-esque breakneck actioner this is not, but as a thriller high in intrigue and suspense it's a winner. It also stars luscious Violante Placido as the prostitute Clooney has an affair with. ★★★★★

SECRET DIARY OF A CALL GIRL

DVD CERT 18



The most recent series of the show sees high-class call girl Billie Piper keeping blokes happy on and off screen. ★★★★★

BROTHERHOOD: SEASON 3

DVD CERT 18



The final series of the underrated drama following the lives of a politician bloke and his mobster brother. Decent. ★★★

MY SOUL TO TAKE

DVD & BLU-RAY CERT 18



Scream and Freddy Krueger director Wes Craven puts cannon fodder kids through their paces in a lively slice of slasher horror. ★★★

MUSIC!



VARIOUS ARTISTS

NOW 78



Who knew they still did these, eh? Its 42 tracks include hits by Chase & Status and Rihanna, but there are some stinkers too! ★★★

VARIOUS ARTISTS

LATE NIGHT SESSIONS



Ministry Of Sound's chill-out mix massages your lugs with Moby, Simian Mobile Disco and Hot Chip. Very pleasant. ★★★★★

All the latest action-packed releases

Ratings: ★★★★★ Genius ★★★★★ Very good ★★★ Investigate ★★ Alright ★ Rubbish

MOVIES!



The film is based on the "Saitama serial murders of dog lovers"

COLD FISH CERT 18

One of the year's most brutal films, this Japanese horror flick about serial killer Murata who uses his tropical fish shop staffed by busty babes as a front to snare his victims, is mental. The evil Murata's missus dishes out death

by sex while the psycho slayer himself turns bodies into sushi in his abattoir of gore on Mount Fuji. A very dark trip and you'll need to hold on to your lunch for a killer climax involving a ballpoint pen. Bonkers! ★★★★★



TOMORROW, WHEN THE WAR BEGAN CERT 12A

Invaders take over Oz, so *Neighbours* hottie Caitlin Stasey becomes a freedom fighter. Cool adventure yarn. ★★★



KILLING BONO CERT 15

Watchable but overlong Brit-com based on the true story of some schoolmates of U2 whose own band failed miserably. ★★

Mousebreaker

Free Online Sports Games!

Play Now! - www.mousebreaker.com

NutsTV

The section that constantly changes captain!

Nuts!
7-DAY TV
LISTINGS
GUIDE!

"Hmm, I wonder if parping
will make it go faster..."



SATURDAY

The race of the year!

The Grand National **BBC1, 1pm**

"Oi, Gaga, why can't you
just turn up in a normal
outfit for once?"



SATURDAY

Vintage gangster finale!

Boardwalk Empire **Sky Atlantic/HD, 9pm**

"Run away, run away!
It's a giant!"



WEDNESDAY

Can Harry trump Jose?

Spurs vs Real Madrid **ITV1, 7.30pm**

"I've never felt this
way about another
man before..."



TUESDAY

Reds vs Blues! Game on!

Man United vs Chelsea **Sky Sports 2/HD, 7pm**



Homer never mastered wearing Marge's fishnets!

The Simpsons

COMEDY Sky1/HD, 8pm The most obscure Simpsons cameo ever? Maverick film director Werner "Bad Lieutenant" Herzog guests as Lisa finds a flower that can cure anger. ★★★★★



A League Of Their Own

COMEDY Sky1/HD, 9.30pm Jimmy Carr and egg-chaser Mike Tindall face tests including the dreaded ice bath. Brrrr! ★★★★★



Friday Night Dinner

COMEDY Channel 4, 10pm Patchy but charming, this sitcom about two brothers' visits to their daft parents for dinner wraps with mum finding Adam a date. Nightmare! ★★

one

6.00am Breakfast: Headlines.
9.15 Neighbourhood Blues 10.00
Homes Under the Hammer (R) 11.00
Britain's Empty Homes 11.30 Cash
in the Attic (R) 12.15pm Bargain
Hunt (R) 1.00 BBC News, Weather
1.30 Regional News, Weather
1.45 Doctors 2.15 Justice 3.00 BBC
News, Weather, Regional News
3.05 CBBC 5.15 Weakest Link 6.00
BBC News, Weather 6.30 Regional
News Programmes, Weather

7.00 The One Show
Topical tittle-tattle.

7.30 Rip Off Britain
More dodgy dealings are exposed.

8.00 EastEnders
Incessant rain, shouting, general
stress - you know the drill.

8.30 A Question of Sport
With portly cricketer Rob Key. (R)

9.00 Have I Got
News for You
NEW The current affairs quiz returns
with guest host Jack Dee.

9.30 QI
Bill Bailey and Sean Lock guest on
the quiz. Ace. (R)

10.00 News, Weather

10.35 John Bishop: Elvis
Has Left the Building
The smiley comic's stand-up show.

11.45 The National
Lottery Friday
Night Draws
Ball bouncing antics.

12.00m't Donnie Darko
BONKERS psychological drama
starring Jake Gyllenhaal.

1.50 Sign Zone: Michel Roux's
Service: The hopefuls work at a cafe.
(R) 2.50 The Boat That Guy Built (R)
3.20 Great British Railway Journeys
(R) 3.50-6.00am BBC News

TWO

6.00am CBeebies 7.00 CBBC 8.30
CBeebies 11.35 Meerkat Manor
12.00noon Daily Politics 12.30pm
GMT with George Alagiah 1.00
Diagnosis Murder (R) 1.45
Racing from Aintree: More horses
leg it round a field. 4.30 Pointless
5.15 Escape to the Country 6.00
Eggheads 6.30 Great British Menu

7.00 Golf: The Masters
SPORT Club-waving action from the
opening day of the first Major of the
year from Georgia. Huzzah!

8.00 Mastermind
Subjects include baldy Australian
presenter bloke Clive James.

8.30 Gardeners' World
Seed-scattering nonsense.

9.00 Lambing Live
The risks involved in hill farming. It's
hardly Bear Grylls though, is it?

10.00 Frank Skinner's
Opinionated
With Greg Davies.

10.30 Newsnight

11.00 The Review Show
Guests include comedienne and
writer Meera Syal.

11.50 Later with
Jools Holland
Performances by Liam Gallagher's
new band Beady Eye and
Mancunian outfit Elbow.

12.50am Backstage
DOCUMENTARY following some of
hip-hop's leading stars, including
Jay Z, DMX and Method Man,
backstage during a gig.

2.15-6.00am BBC News

itv 1

5.30am ITV News 6.00 Daybreak
8.30 Lorraine 9.25 The Jeremy
Kyle Show 10.30 This Morning
12.30pm Loose Women: With
Omid Djalili. 1.30 ITV News 1.55
Regional News, Weather 2.00 60
Minute Makeover 3.00 The Alan
Titchmarsh Show 4.00 Midsomer
Murders (R) 5.00 Britain's Best
Dish 6.00 Regional News,
Weather 6.30 ITV News

7.00 Emmerdale
David refuses to go into town with
Amy. We're not surprised - it's
probably about 50 miles away!

7.30 Coronation Street
There's no sign of Kylie on her
wedding day. We wish everyone
else'd do a disappearing act too.

8.00 Baboons with
Bill Bailey
NEW A light-hearted look at the
everyday lives and criminal antics
of the pesky monkeys.

8.30 Coronation Street

9.00 Benidorm
The Garveys prepare to celebrate
the opening of Midge's bar.

10.00 ITV News, Weather

10.35 Take Me Out
A former pop star and a trainee
doctor prepare to have their dignity
torn to shreds. (R)

11.35 The Cube
A firefighter and a dustman take
part in the game show (R)

12.30am The Zone

2.35 In Plain Sight: Drama. (R)
3.20-5.30am ITV Nightscreen

4

6.10am Max Bear (R) 6.25 The
Hoobs (R) 7.15 Freshly Squeezed
7.40 Everybody Loves Raymond (R)
8.05 Frasier (R) 8.35 Friends (R)
9.05 Wife Swap USA (R) 10.00
Brothers & Sisters 10.55 Gok's
Fashion Fix (R) 12.00noon Channel
4 News Summary 12.05pm
Crash Dive: Wartime drama starring
Tyron Power. 2.05 Cookery School
3.10 Countdown 4.00 Deal or No
Deal 5.00 Fern 6.00 The Simpsons
(R) 6.30 Hollyoaks

7.00 News

7.25 4thought.tv

7.30 Unreported World
The alleged use of black magic in
people trafficking. Scary stuff.

8.00 A Place in the Sun:
Home or Away
Away. From here.

9.00 Embarrassing
Bodies: Back to
the Clinic

10.00 Friday
Night Dinner
MUST-SEE The last in the series of the
half-decent comedy. Adam's mother
sets him up on a date.

10.35 Rude Tube:
Viral Ads
Nutty stuff online. (R)

11.40 10 O'Clock Live
With David Mitchell. (R)

12.40am Music on 4:
On Track
With White Lies. (R)

12.55 4Play: Alice Gold
A profile of the singer-songwriter.

1.10 My Name Is Earl (R) 1.35 My
Name Is Earl (R) 1.55 Freaky (R)
2.20 John Q 4.15 Ugly Betty
(R) 5.00 Wogan's Perfect Recall (R)
5.25-6.10am Countdown (R)

5

6.00am Milkshake! 9.15 The
Wright Stuff 11.05 Police
Interceptors (R) 12.05pm The
Family Recipe (R) 12.10 5 News
Lunchtime 12.20 House (R) 1.15
Home and Away 1.45 Neighbours
2.15 The Vanessa Show 3.05
Chinese Food in Minutes 3.15
Devil Winds: Disaster movie starring
Joe Lando. 5.00 5 News at 5,
Weather 5.30 Neighbours (R) 6.00
Home and Away (R) 6.25 OK! TV

7.00 5 News at 7

7.30 Fifth Gear
Jason Plato test drives the Aston
Martin Virage in Spain. Not bad
work if you can get it, eh?

8.00 Ice Road Truckers
More people hit the skids. Literally.

9.00 The Mentalist
LaRoche suspects Hightower of a
police-killer's murder.

10.00 Law & Order
A corporate attorney is found dead
in a hotel room.

10.55 CSI: Miami
More aggro as the daughter of
Delko's therapist is murdered. (R)

11.55 Cops in Crisis
Stressed-out cops speak out. (R)

12.15am SuperCasino

4.05 Motorsport Mundial
4.30 Fifth Gear (R) 4.55 Rough
Guide to Weekend Breaks (R)
5.10 Wildlife SOS (R) 5.35-
6.00am House Doctor (R)

sky1

7pm The Simpsons
Bart plays his parents against
each other. (R)(HD)

7.30 The Middle
Sue wins a trip to New York for
almost the whole family. (HD)

8.00 The Simpsons
MUST-SEE New episode! Lisa
discovers the calming abilities
of a patch of wild flowers. (HD)

8.30 Modern Family
Phil and Claire have a massive
fall-out. (HD)

9.00 Raising Hope
Burt lets Jimmy in on a money-
making scheme. (HD)

9.30 A League of
Their Own
MUST-SEE With the ever-
hilarious Jimmy Carr. (HD)

10.30 Spartacus:
Gods of the Arena
Crixus tries to prove his
potential. (R)(HD)

11.45 Live to Dance

12.45am Night Cops

FRIDAY'S SPORT

10.30am Australian Rules Football,
ESPN. 1.45pm Racing, BBC2.
7pm Golf, Sky Sports 1. 7.30pm
Rugby League: Huddersfield Giants
vs Warrington Wolves, Sky Sports.
2. 7.30pm Bundesliga, ESPN.
1am NBA Basketball, ESPN.



"Hey! I've only just finished pruning that!"

The Grand National

SPORT **BBC1, 1pm** It's time to bet a week's wages on a horse because it has a name vaguely similar to your ex-girlfriend – yes, we're off to Aintree for the biggest race of the year! ★★★



"You're wearing that suit for a bet, right?"

Boardwalk Empire

DRAMA **Sky Atlantic/HD, 9pm** And so we reach the final episode of what's been an incredible series. There are killings, a backstabbing, a pregnancy, an unhappy lesbian... it's all going on! ★★★★★



The Chippendales' ninja branch were a force to reckon with

Transporter 3

FILM **Channel 4, 9pm** More of the same. This time, Jason Statham has to transport the sexy daughter of a Ukrainian government official. Cue lots of punch-ups and ace car stunts. ★★★

BBC one

6.00am Breakfast **8.00** **LIVE** Formula 1: The Malaysian Grand Prix – Qualifying: The battle for pole position. **10.15** Saturday Kitchen Live **11.30** Great British Menu (R) **12.00noon** BBC News, Regional News, Weather **12.15pm** **SPORT** **Football Focus 1.00** **MUST-SEE** The Grand National: including the big race at 4.15pm. **5.10** BBC News, Regional News, Weather **5.30** All New Total Wipeout: Celebrity Special **6.30** So You Think You Can Dance

BBC TWO

6.00am CBeebies **7.00** CBBC **11.30** **SPORT** Golf: The Masters **12.30pm** The Sky at Night (R) **12.50** **FILM** SpaceCamp: Sci-fi adventure starring Kate Capshaw, Lea Thompson and Kelly Preston. **2.30** Flog It! **3.30** Escape to the Country (R) **4.30** **SPORT** Final Score **5.15** **SPORT** The Big Flutter: The Grand National on Film **5.45** Coast (R) **6.00** Dad's Army (R) **6.30** Highlights from the Lambing Shed

itv 1

5.30am ITV News **6.00** CITV **9.25** Coronation Street **11.45** This Morning: Saturday **12.50pm** Monk **1.50** ITV News, Weather **2.05** You've Been Framed! (R) **2.35** **FILM** Catwoman: Comic-book action fantasy with the lovely Halle Berry. **4.30** The Nation's Favourite Abba Song (R) **6.00** Regional News, Weather **6.15** ITV News **6.30** New You've Been Framed!

4

6.10am The Hoobs (R) **7.00** **SPORT** The Track and Field Show (R) **7.25** **SPORT** The Grid **7.55** **SPORT** The Morning Line **8.50** T4: Friends (R) **9.20** Source Code: T4 Movie Special **9.50** Friends (R) **10.20** Glee **11.20** Great British Hairdresser **12.25pm** The Big Bang Theory (R) **1.20** **SPORT** That Paralympic Show **1.55** **LIVE** Channel 4 Racing: Races from Lingfield Park and Thirsk. **3.25** The Secret Supper Club **4.00** Come Dine with Me (R) **6.35** News

5

6.00am Milkshake! **10.00** The Family Recipe (R) **10.05** The Gadget Show (R) **11.05** Emergency Bikers (R) **12.05pm** Megastructures: 747 Demolition (R) **1.10** **FILM** The Battle at Apache Pass: Western starring Jeff Chandler and John Lund. **2.50** **FILM** National Lampoon's Vegas Vacation: Comedy sequel starring Chevy Chase and Beverly D'Angelo. **4.35** 5 News Weekend **4.45** **FILM** The Cowboys: Western starring John Wayne.

sky1

7pm The Simpsons Ned Flanders' home is destroyed by a hurricane. (R) **7.30** The Simpsons Maggie becomes obsessed with babysitter Moe. (R) **8.00** Brit Cops: Frontline Crime UK Focusing on the work of plod in Devon and Cornwall. (R)

7.30 The National Lottery: Secret Fortune Secret? Well, it's been eluding us for enough years.

8.20 Casualty The team operate on a new patient and discover he's actually a robot. Not really, but it'd get us interested.

9.10 Live at the Apollo Brill stand-up with Michael McIntyre, Rich Hall and Rhod Gilbert. Hilarious stuff. (R)

9.55 BBC News, Weather

10.15 Match of the Day **SPORT** Top-flight onion bag-busting, including Man United vs Fulham at Old Trafford and Blackburn vs Birmingham at Ewood Park.

11.35 The Football League Show **SPORT** Leather-whacking from the lower leagues now, including action from the Championship promotion tussle between Swansea and Norwich at the Liberty Stadium.

1.00-6.00am BBC News

7.30 Goldie's Band: By Royal Appointment The group finish weeks of intensive masterclasses and workshops with a performance at Buckingham Palace in the presence of Prince Harry. William's a bit busy sorting out some other stuff, apparently.

8.30 Golf: The Masters **LIVE** The third day from the Augusta National in Georgia, where the first Major of the year continues. Sounds like a good excuse for some beers and a night in front of the telly!

12.00m't Grand National Re-Run **SPORT** The 164th running of the prestigious horse-hurling event.

12.30am Later with Jools Holland Performances by Beady Eye, Anna Calvi and Elbow. Cool! (R)

1.35-2.55am **FILM** Between: Thriller starring Poppy Montgomery.

7.00 Mamma Mia! **FILM** It's a musical inspired by ABBA songs. If that's not a good enough reason to leave this with your girlfriend and head to the pub for a while, we don't know what is.

9.10 When Piers Met Andrew Lloyd Webber The composer talks at his villa in Majorca about his private life and coming to terms with cancer.

10.10 ITV News, Weather

10.25 Knocked Up **FILM** An ambitious TV journalist becomes unexpectedly pregnant after a one-night stand with a directionless layabout. It's actually very funny.

12.45am The Zone

2.50 Swingtown: Drama (R) **3.35-5.30am** ITV Nightscreen

7.05 4thought.tv

7.10 River Cottage Every Day Steve Lamb demonstrates how to build a pizza oven for a garden. Steve, you're our new hero! (R)

8.10 Seven Ages of Britain Bettany Hughes considers the sixth age of Britain, from 1350 to 1530AD. In other words, absolutely yonks ago. Give it a miss. (R)

9.10 Transporter 3 **MUST-SEE** Excellent action thriller sequel, starring Jason Statham.

11.10 Stand Up for the Week Scottish funny bloke Kevin Bridges is joined by regular stand-ups Jack Whitehall and Rich Hall.

12.00m't The Untouchables **FILM** Brilliant gangster thriller starring Kevin Costner and Sean Connery. US treasury agent Eliot Ness vows to bring down Chicago crime boss Al Capone.

2.05am Sex in the 80s: The Story of Club 18-30 (R) **3.00** Privileged (R) **3.50** Privileged (R) **4.35** Ugly Betty (R) **5.20-6.05am** Countdown (R)

7.15 NCIS A man's found dead in a taxi. (R)

8.10 CSI: Grissom's Greatest Investigations at a pottery store murder scene provide the team with clues to an unsolved kidnapping. Plus they buy some lovely plates along the way. It's a win-win! (R)

9.10 CSI: NY Three people are executed by a hit-man at a nightclub. It's murder on the dancefloor. Literally.

10.10 CSI: Miami A bride is shot dead during her elaborate wedding ceremony. (R)

11.10 CSI: Crime Scene Investigation Catherine investigates the death of a hunter who was mauled by a bear, but it's not quite as straightforward as it seems. Naturally! (R)

12.10am SuperCasino

9.00 Beverly Hills Cop II **FILM** Action comedy sequel starring Eddie Murphy as detective Axel Foley on the trail of a gang led by a six-foot blonde. (R)(HD)

11.00 Road Wars Car chases and the like. (R)(HD)

12.00m't Teenage Wives Docu about women who marry as teenagers. Given the title, you didn't really need us to tell you that, did you? (R)(HD)

SATURDAY'S SPORT

8am Formula 1 Qualifying, BBC1 **12.30pm** Wolves vs Hudders, Sky Sports 2. **1pm** **MUST-SEE** The Grand National, BBC1. **3.15pm** Hull KR vs Leeds, Sky Sports 1. **5.15pm** Swinton vs Hudders, Sky Sports 1. **7.30pm** Golf, Sky Sports 1.

SUNDAY'S SPORT

8am Formula 1: The Malaysian Grand Prix, BBC1. **1pm** **MUST-SEE** Blackpool vs Arsenal, Sky Sports 1. **3.30pm** Villa vs Newcastle, Sky Sports 1. **7pm** **MUST-SEE** Golf: The Masters, BBC2. **8pm** Spanish Football, Sky Sports 2.



"Um, five?
Er, three?
Ah, got it...
Fore!"

Live US Masters Golf

SPORT Sky Sports 1/HD/3D, 6.30pm
The final day of the year's first Major. Relax, have cold beers to hand, and enjoy watching men in daft trousers thwacking balls around. ★★★★★



"I'm a bird,
a huge bird!
Squawk!"

Blackpool vs Arsenal

SPORT Sky Sports 1/HD, 1pm
The Premier League title is all Arsenal have left to go for. They should win here but Blackpool are so thrillingly unpredictable, you never know. ★★★★★



"Tidy your
room or else!"

The Walking Dead

DRAMA Channel 5, 10pm
A sheriff emerges from a coma to discover that almost everyone has become a flesh-eating zombie. An awesome series, previously shown on FX. ★★★★★

one

6.00am Breakfast **8.00** **TVX**
Formula 1: The Malaysian Grand Prix: The second race of the season, start-time 9am. **11.15** Country Tracks **12.15pm** The Politics Show **1.15** The Story of Vaisakhi **1.45** **SPORT** Formula 1: The Malaysian Grand Prix **3.45** Escape to the Country **4.30** Points of View **4.45** Songs of Praise **5.30** BBC News, Regional News, Weather **6.00** Nigel Slater's Simple Suppers (R) **6.30** The Boat That Guy Built (R)

7.00 Countryfile
Ellie Harrison takes a look at the varieties of wildlife that live on a river's banks. Like beavers. We like beavers. They're fun.

8.00 Antiques Roadshow
The experts return to the Museum of Steam in Swindon. So, literally more hot air then. No thanks.

9.00 Waking the Dead
Not to be confused with the show on at 10pm on Channel 5.

10.00 News, Weather

10.25 Match of the Day 2
SPORT Action from today's Premier League games, including Blackpool vs Arsenal and Villa vs Newcastle.

11.25 The Hunted
FILM Action thriller starring Tommy Lee Jones and Benicio Del Toro. A military assassin is tracked through the wilds by the man who taught him his survival skills.

12.55am Sign Zone: MasterChef
The candidates have an hour to prepare a dish containing an egg. How about egg on toast? It only takes ten minutes to make that! (R)

1.55 Holby City (R) **2.55** Men of Rock (R) **3.55-6.00am** BBC News

TWO

6.00am CBeebies **7.00** CBBC **7.35** **SPORT** Match of the Day (R) **9.00** Homes Under the Hammer (R) **10.00** Something for the Weekend **11.30** MasterChef (R) **12.30pm** Priceless Antiques Roadshow (R) **1.00** EastEnders **2.55** **SPORT** Artistic Gymnastics **5.30** Flog It! (R) **6.00** The Truth About Lions (R)

7.00 Golf: The Masters
MUST-SEE Settle yourself down - BBC2 heads into ball-whacking overdrive with the final round of the first Major of the year - the Augusta National in Georgia, where the coveted Green Jacket will be awarded. US star Phil Mickelson did the business last year to win it for the third time and prompt many an excited "woo-hoo!" and "yee-ha!" from the predominantly American crowd. We're pinning our hopes on Brit Lee Westwood though. The next programme might be on later if this runs on a bit. Come on!

12.00m't Frank Skinner's Opinionated
Inbetweeners teacher Greg Davies joins Frank for a chinwag. (R)

12.30am Roger Dodger
FILM An arrogant New Yorker takes his nephew for a night on the town.

2.10am BBC News **3.55-4.25** **SPORT** The Super League Show

itv 1

5.30am ITV News **6.00** CITV **9.25** May the Best House Win (R) **10.25** House Gift (R) **11.30** This Morning: Sunday **12.30pm** Dinner Date (R) **1.30** ITV News, Weather **1.35** **FILM** The Columbo: Uneasy Lies the Crown: Murder mystery. **3.35** Abba: The Mamma Mia! Story (R) **4.35** Midsomer Murders (R) **6.35** News, Weather **6.45** ITV News

7.00 The Cube
Peculiar game show that sees contestants perform virtually impossible tasks in a big cube.

8.00 Lewis
It's ITV1, it's Sunday night, it's the obligatory rubbish drama. A visiting bishop is found dead. Oh well, these things happen. May we suggest flicking to BBC2 for a few hours?

10.00 ITV News, Weather

10.15 Atonement
FILM British romantic drama, starring Keira Knightley and James McAvoy. In 1935, a 13-year-old girl falsely accuses her older sister's boyfriend of rape. Doesn't sound particularly romantic to us.

12.25am Premiership Rugby Union
SPORT Egg-chasing action, including Sharks vs Gloucester, Bath vs Exeter and Newcastle vs Leeds.

1.10 The Zone **2.00** **FILM** The Fog: John Carpenter's supernatural chiller starring Adrienne Barbeau. **3.30-5.30am** ITV Nightscreen

4

6.05am Sali Mali (R) **6.10** The Hoobs (R) **7.00** **SPORT** Freesports on 4 **7.25** Crundtime **7.50** T4: Friends (R) **8.45** Hollyoaks **11.20** Friends (R) **11.55** Glee (R) **12.50pm** The Simpsons (R) **1.55** Jamie's 30 Minute Meals (R) **4.30** Deal or No Deal **5.30** Time Team: The team squelch around a mill in Somerset. **6.30** News **6.55** 4thought.tv

7.00 Come Dine with Me
Four more people get together for dinner party wars.

8.00 Civilization: Is the West History?
Niall Ferguson analyses how the West's work ethic... sorry, we drifted off there for a while.

9.00 Country House Rescue
A manor in a mess.

10.00 Wedding Crashers
FILM Man-friendly rom-com starring Vince Vaughn and Owen Wilson as a pair of scheming lawyers who spend their lives gatecrashing weddings.

12.15am Basic Instinct 2
FILM Bad crime thriller sequel starring Sharon Stone, who's under the microscope for murder. It's a bit saucy, to its credit.

2.15 Never Did Me Any Harm (R) **3.10** Vincent: The Full Story (R) **4.05** The Play's the Thing (R) **5.00** Wogan's Perfect Recall (R) **5.25-6.10am** Countdown (R)

5

6.00am Milkshake! **10.00** Chinese Food in Minutes **10.15** **NEW** Best of OK! TV **11.15** Family Food Fight (R) **11.45** Ice Road Truckers (R) **12.45pm** Tsunami: British Search & Rescue (R) **1.50** **FILM** You Got Served: Hip-hop musical. **3.40** **FILM** High School Musical 3: Senior Year: Teen musical starring Zac Efron. **5.50** 5 News Weekend **6.00** **FILM** Mr Deeds: Comedy with Adam Sandler.

7.40 Hellboy
FILM Excellent comic-book flick starring Ron Perlman as the big, bad Red! A demonic baby passes through a portal from hell and grows up to become humanity's weapon in the battle against evil.

10.00 The Walking Dead
NEW **TVX** This was on FX a few months ago, and it's brilliant. County Sheriff Rick Grimes wakes from a coma only to find the world has been taken over by zombies. Chaps, don't miss this!

11.30 Thir13en Ghosts
FILM You can swerve this one, though. It's an average horror about a widowed schoolteacher who inherits a house that contains the trapped spirits of twelve ghosts. Not 13, oddly.

sky1

7pm The Middle
The Hecks win a trip. (R)(HD)

7.30 Modern Family
Phil and Claire are lent a friendly ear. (R)(HD)

8.00 Raising Hope
Burt lets Jimmy in on a scheme. (R)(HD)

8.30 The Simpsons
Lisa discovers some wild flowers have a calming effect on people. (R)(HD)

9.00 Hawaii Five-0
A wife with a gold-digging past claims she and her new husband were abducted. Yeah, right. (HD)

10.00 NCIS: Los Angeles
A navy intelligence commander disappears. (HD)

11.00 House
The doctors help a former drug addict. (R)(HD)

12.00m't Road Wars
They're cops. They're in cars. Yep, it's more bother on the roads! (R)(HD)



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Fifa now plan to ban the telescopic leg

Liverpool vs Man City

Sky Sports 1/HD, 7.30pm

SPORT Can the Reds put one over the Blues and keep alive their slim hopes of qualifying for Europe? ★★★★★



In the future, mirrors are rubbish

Resident Evil: Extinction

Channel 5, 9pm

FILM Milla Jovovich is back as zombie-slaying superwoman Alice to face off with more of the undead. Nasty. ★★★



"No, I really was the fifth Beatle!"

Bored To Death

Sky Atlantic/HD, 10.15pm

DRAMA It looks like struggling writer/fake PI Jonathan is about to get a break, then along comes a girl who looks older than she is... ★★★★★

BBC one

6.00am Breakfast 9.15 Animal 24:7
10.00 Homes Under the Hammer (R) 11.00 Filthy Rotten Scoundrels (R) 11.45 Cash in the Attic 12.15pm Bargain Hunt (R) 1.00 BBC News, Weather 1.45 Doctors 2.15 Escape to the Country 3.00 BBC News, Weather, Regional News 3.05 CBBC 5.15 Weakest Link 6.00 BBC News, Weather 6.30 Regional News Programmes, Weather 6.55 Referendum Broadcast on Behalf of the No Campaign (R)

7.00 The One Show
Topical twaddle.

7.30 Bang Goes the Theory
Jem Stansfield builds a home-made laser. Now that's cool!

8.00 EastEnders
Zainab finds herself running out of options. Thankfully, we've got the footy over on Sky Sports 1, otherwise it'd be the same for us.

8.30 Living with the Ayatollah - Panorama
Docu about serious things.

9.00 Waking the Dead
It's the last episode of the detective drama... ever!

10.00 News, Weather

10.35 A Question of Sport
With Aussie-tormenting cricketer Alastair Cook. Excellent!

11.05 Late Kick Off
SPORT A round-up of the weekend's Football League action.

11.35 The Walker
FILM A society walker in Washington DC becomes implicated in a murder investigation. D'oh!

1.20am Sign Zone: MasterChef: The contenders cook for previous winners. (R) 2.20 Arctic with Bruce Parry (R) 3.20 Baking Made Easy (R) 3.50-6.00am BBC News

BBC TWO

6.00am CBeebies 6.55 CBBC 8.30 CBeebies 11.35 Meerkat Manor (R) 12.00noon Meerkat Manor (R) 12.25pm Animal Park (R) 12.55 Diagnosis Murder (R) 1.40 To Buy or Not to Buy 2.25 Restoration Roadshow (R) 2.55 Flog It! (R) 3.40 Helicopter Heroes (R) 4.25 Pointless 5.10 Put Your Money Where Your Mouth Is (R) 5.55 Referendum Broadcast on Behalf of the No Campaign 6.00 Eggheads 6.30 Great British Menu

7.00 This Is Britain
And there's the remote. We suggest you use it, quickly! (R)

8.00 Railway Walks
Julia Bradbury walks around a load of disused train lines. (R)

8.30 Raymond Blanc's Kitchen Secrets
The chef makes fruit soup. Something about that doesn't seem right to us. Unless it's tomato.

9.00 A Home for Maisie
A couple who hope to adopt a seven-year-old with a traumatic past.

10.00 Never Mind the Buzzcocks
With mad-haired Tim Minchin. (R)

10.30 Newsnight

11.20 Wonders of the Solar System
The sun's role in creating some of Earth's most spectacular landscapes. That swotty old sun, eh? (R)

12.20am The Brain: A Secret History
A woman with alien hand syndrome, a condition that caused one of her hands to persistently attack her. Blimey!

1.20-3.50am BBC News 4.00-6.00am BBC Learning Zone (R)

itv 1

5.30am ITV News 6.00 Daybreak 8.30 Lorraine 9.25 The Jeremy Kyle Show 10.30 This Morning Michael Sheen guests. 12.30pm Loose Women 1.30 ITV News 1.55 Regional News, Weather 2.00 60 Minute Makeover 3.00 The Alan Titchmarsh Show 4.00 Midsomer Murders (R) 5.00 Britain's Best Dish 6.00 Regional News, Weather 6.30 ITV News 6.50 Referendum Broadcast on Behalf of the No Campaign

7.00 Emmerdale
Pigswill-related rubbish.

7.30 Coronation Street
Steve and Becky prepare to leave. Bye then!

8.00 The Dales
Tom Orde-Powlett talks about his plans for Bolton Castle.

8.30 Coronation Street
Steve waits anxiously in the pub for Jim. We thought he was going!

9.00 Law & Order: UK
A body is found with a note reading, "They Must Be Destroyed." Ooh!

10.00 ITV News, Weather

10.35 Real Crime with Mark Austin: The Tesco Bomber
A blackmailer who tried to extort millions of pounds from Tesco. (R)

11.35 River Monsters
A quest to track down another critter, this time in Africa. (R)

12.30am The Zone

2.35 **SPORT** UEFA Champions League Weekly: A review of the quarter-final first-leg ties. 3.00 ITV Nightscreen 4.35-5.30am Jeremy Kyle: Morning Surgery (R)

4

6.10am Max Bear 6.20 The Hoobs (R) 7.10 Freshly Squeezed 7.40 Everybody Loves Raymond (R) 8.05 Frasier (R) 8.35 Friends (R) 9.05 Wife Swap USA (R) 10.00 Brothers & Sisters 10.55 Relocation, Relocation (R) 12.00noon News Summary 12.05pm River Cottage Bites (R) 12.20 **FILM** The Day the Earth Stood Still: Sci-fi drama. 2.05 Cookery School 3.10 Countdown 4.00 Deal or No Deal 5.00 Fern 6.00 The Simpsons (R) 6.30 Hollyoaks

7.00 News

7.55 Referendum Broadcast on Behalf of the No Campaign

8.00 Dispatches: Undercover Hospital
Planned changes to the NHS.

9.00 One Born Every Minute
A woman coping with a family bereavement goes into labour. (R)

10.00 The 27 Inch Man: A Bodyshock Special
Medical docu.

11.05 The Event
Entertaining nonsense. Sean and Vicky move a step closer to tracking down Dempsey.

12.05am 4thought.tv
We thought we'd avoided this today.

12.10 Music on 4: Foo Fighters: In a New Light
Members of the band chat about their new album, Wasting Light.

12.40 European Poker Tour
SPORT Action from Barcelona, featuring the likes of Giuseppe Pantaleo and Luis Rufas.

1.40 The SS (R) 2.35 Codex: Politicians compete with a group of stewards. (R) 3.20 Vincent: The Full Story (R) 4.15 The Bible: A History (R) 5.10-6.00am Hill Street Blues (R)

5

6.00am Milkshake! 9.15 The Wright Stuff 11.05 Bridezillas (R) 12.05pm The Family Recipe (R) 12.10 5 News Lunchtime 12.20 House (R) 1.15 Home and Away 1.45 Neighbours 2.15 The Vanessa Show 3.05 Chinese Food in Minutes 3.15 **FILM** Family Sins: Fact-based drama with Kirstie Alley. 5.00 5 News at 5, Weather 5.30 Neighbours (R) 6.00 Home and Away (R) 6.25 OK! TV

7.00 5 News at 7

7.25 Referendum Broadcast on Behalf of the No Campaign
This again? No!

7.30 How Do They Do It?
With Robert Llewellyn.

8.00 The Gadget Show
The presenters are given a surprise challenge. If it's finding something decent to watch other than the footy on Sky Sports, it'll be a struggle.

9.00 Resident Evil: Extinction
MUST SEE A superhuman survivor of a zombie plague strives to evade capture by an evil corporation.

10.55 Derailed
FILM Action thriller starring Jean-Claude Van Damme, Laura Elena Harring and Tomas Arana.

12.40am Sex Lessons
Comedian Dan Wright takes a light-hearted look at rumpy pumpy.

1.10 SuperCasino 4.00 Meals in Moments (R) 4.10 How Not to Decorate (R) 4.55 Rough Guide to Islands (R) 5.10 Wildlife SOS (R) 5.35-6.00am House Doctor (R)

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7pm The Simpsons
Marge and Lisa discuss examples of strong women. Not the best episode. (R)(HD)

7.30 The Simpsons
Marge and Homer sneak away on a second honeymoon.

8.00 Stargate Universe
Rush and Eli prevent the drones receiving orders. (HD)

9.00 Ross Kemp in Search of Pirates
The actor investigates piracy in Southeast Asia. (R)(HD)

10.00 Spartacus: Gods of the Arena
More of the boobastic battling drama. The house of Batiatus is caught in a power struggle. (HD)

11.15 A League of Their Own
With Jimmy Carr and Mike Tindall. (R)(HD)

12.15am Night Cops
The work of police officers across the UK. (R)(HD)

MONDAY'S SPORT

9.30am Masters Tennis: The Monte Carlo Masters, Sky Sports 1.
2.00pm Weightlifting, Eurosport.
7.30pm **MUST SEE** Liverpool vs Man City, Sky Sports 1. 12m't Major League Baseball: Boston Red Sox vs Tampa Bay Rays, ESPN.

TUESDAY'S SPORT

9.30am Masters Tennis: The Monte Carlo Masters, Sky Sports 1.
5.30pm St Johnstone vs Celtic, ESPN. 7pm **MUST SEE** Man United vs Chelsea, Sky Sports 2. 12m't Major League Baseball: Atlanta Braves vs Florida Marlins, ESPN.



The new Velcro shirts were a right pain

Man United vs Chelsea

Sky Sports 2/HD, 7pm

SPORT A Champions League semi-final place is the winner's prize in this second-leg dust-up. Come on! ★★★★★



The cheeky shoplifter prepared to do a runner...

Britain's Next Big Thing

BBC2, 8pm

REALITY Ace new series. Dragon Theo Paphitis hosts as the public pitch products to high-street firms. ★★★★★



Girl? Pint? We're just a pizza short of heaven

Campus

Channel 4, 10pm

COMEDY Brilliant, squirmly laughs from the people who gave us, well, the brilliant, squirmly laughs of *Green Wing*. University bigwig Jonty makes spending cuts as budgets plummet. ★★★★★

one

6.00am Breakfast 9.15 Animal 24-7 10.00 Homes Under the Hammer (R) 11.00 Filthy Rotten Scoundrels (R) 11.45 Cash in the Attic 12.15pm Bargain Hunt (R) 1.00 News, Weather 1.45 Doctors 2.15 Escape to the Country 3.00 BBC News, Weather, Regional News 3.05 CBBC 5.15 Weakest Link (R) 6.00 BBC News, Weather 6.25 Regional News Programmes, Weather 6.55 Referendum Broadcast on Behalf of the Yes Campaign (R)

7.00 The One Show
Topical chat.

7.30 EastEnders
Kat has a go at Ronnie. You might as well listen to a seagull squawking. Sounds the same.

8.00 Holby City
We've been watching old episodes of ER on Sky Atlantic. Now that's a good hospital show. This isn't.

9.00 Candy Cabs
Drama about cab-driving women.

10.00 News, Weather

10.35 See You in Court
Docu about the progress of 12 libel cases over the course of two years. Our advice? Channel 4, quick!

11.25 Love Me, Love My Face
Serious docu.

12.30am Sign Zone: Michel Roux's Service
The trainees take charge of an exclusive Cheshire brasserie. (R)

1.30am Who Does What? (R) 2.30 Great British Railway Journeys (R) 3.00-6.00am BBC News

TWO

6.00am CBeebies 6.55 CBBC 8.30 CBeebies 11.35 **MUST-SEE** Oh! Mr Porter: British comedy starring Will Hay. 12.55pm Diagnosis Murder (R) 1.40 To Buy or Not to Buy 2.25 Restoration Roadshow (R) 2.55 Flog It! (R) 3.40 Helicopter Heroes (R) 4.25 Pointless 5.10 Put Your Money Where Your Mouth Is 5.55 Referendum Broadcast on Behalf of the Yes Campaign 6.00 Eggheads: Quiz show. 6.30 Great British Menu

7.00 Coast
Neil Oliver visits France to meet a lighthouse keeper. We're not sure why we're telling you this. (R)

8.00 Britain's Next Big Thing
MUST-SEE Theo Paphitis (him off Dragons' Den) offers the public a chance to pitch their wares to three of the country's leading retailers. So, it's a bit like Dragons' Den then.

9.00 Filthy Cities
The sights and smells of 18th-century Paris. Whiffy!

10.00 Later Live - with Jools Holland
Turns by singer Cee Lo Green and excellent Glasgow band Glasvegas.

10.30 Newsnight
11.20 Wonders of the Solar System
Brain-busting bobbins about the solar system. (R)

12.20am Wonders of the Solar System
See above. (R)

1.20-3.00am BBC News 4.00-6.00am BBC Learning Zone

itv 1

5.30am ITV News 6.00 Daybreak 8.30 Lorraine 9.25 The Jeremy Kyle Show 10.30 This Morning 12.30pm Loose Women 1.30 ITV News 1.55 Regional News, Weather 2.00 60 Minute Makeover 3.00 The Alan Titchmarsh Show 4.00 Midsomer Murders (R) 5.00 Britain's Best Dish 6.00 Regional News, Weather 6.30 ITV News 6.50 Referendum Broadcast on Behalf of the Yes Campaign

7.00 Emmerdale
John introduces new farmhand Alex to Moira and Holly. Moira and Holly are turkeys. Why don't we eat turkey eggs? It's a valid question, right?

7.30 Grimefighters
More grim cleaning.

8.00 Countrywise
Mike Robinson cooks a pheasant stroganoff. Good for Mike!

9.00 Smugglers
Docu following the UK Border Agency as it seizes a drugs.

10.00 ITV News, Weather

10.35 Walking Tall
MUST-SEE Action drama starring The Rock as an ex-soldier who decides to run for sheriff after he returns to his hometown and finds it in the grip of corruption. It's alright.

12.05am The Zone

2.10am Crossing Jordan: A bomb explodes on a commuter train. 2.55-5.30am ITV Nightscreen

4

6.10 Max Bear 6.20 The Hoobs (R) 7.15 Freshly Squeezed 7.40 Everybody Loves Raymond (R) 8.05 Frasier (R) 8.35 Friends (R) 9.05 Wife Swap USA (R) 10.00 Brothers & Sisters 11.00 **MUST-SEE** A Place by the Sea 12.00noon News 12.05pm Great British Brands (R) 12.20 River Cottage Bites (R) 12.25 **MUST-SEE** The War of the Worlds 2.05 Cookery School 3.10 Countdown 4.00 Deal or No Deal 5.00 Fern 6.00 The Simpsons (R) 6.30 Hollyoaks

7.00 News
7.55 Referendum Broadcast on Behalf of the Yes Campaign

8.00 Supersize vs Superskinny
A calorie-counting 21-year-old refuses to stick to her new diet, and wonders why she's overweight.

9.00 Katie: My Beautiful Friends
Katie Piper meets a woman with Pfeiffer's syndrome.

10.00 Campus
MUST-SEE More surreal comedy as Jonty starts making spending cuts.

11.05 Pete Versus Life
Ace sitcom. The sports journalist dates an older woman he meets at an art auction. (R)

11.40 School of Comedy

12.10am 4thought.tv

12.15 UK & Ireland Poker Tour
SPORT Action from Nottingham, where the pros take on the locals.

1.15am Freesports 1.40 The Grid 2.05 KOTV Boxing Weekly 2.30 Sailing 3.00 ITU Triathlon 3.50 Beach Volleyball 4.45 Crunchtime 5.10-6.10am Full Metal Challenge

5

6.00am Milkshake! 9.15 The Wright Stuff 11.05 Bridezillas (R) 12.05pm The Family Recipe (R) 12.10 5 News Lunchtime 12.20 House (R) 1.15 Home and Away 1.45 Neighbours 2.15 The Vanessa Show 3.05 Chinese Food in Minutes 3.10 **MUST-SEE** Mercy Mission: The Rescue of Flight 771: True-story drama starring Robert Loggia and Scott Bakula. 5.00 5 News at 5, Weather 5.30 Neighbours (R) 6.00 Home and Away (R) 6.25 OK! TV

7.00 5 News at 7
7.25 Referendum Broadcast on Behalf of the Yes Campaign

7.30 Extraordinary Dogs
A springer spaniel able to sniff out explosives. Next week, it embarks on a series of juggling tricks.

8.00 Tutankhamun: The Mystery Revealed
The fate of the pharaoh's wife. (R)

9.00 CSI: Crime Scene Investigation
A dismembered body is delivered to a charity shop. 50p anyone?

10.00 CSI: Miami

A man sustains fatal injuries that could only have occurred in zero gravity. (R)

10.55 CSI: NY
A hated businesswoman is found dead. (R)

11.50 CSI (R)

12.45am Super Casino

4.00am Meals in Moments 4.10-4.55am How Not to Decorate

sky 1

7pm The Simpsons
Norwegian immigrants look for work in Springfield. (R)(HD)

7.30 The Simpsons
Homer becomes a masked vigilante. (R)

8.00 Live to Dance
The top six acts perform new routines. Like the funky chicken? (R)(HD)

9.00 Beverly Hills Cop II
MUST-SEE Action comedy sequel starring Eddie Murphy as detective Axel Foley on the trail of a gang led by a giant blonde. It's old, but it's good! (R)(HD)

11.00 Fringe
A scientist drops dead after a cloud of blue powder he ingested causes his bones to disintegrate. (R)(HD)

12.00m't Brit Cops: Frontline Crime UK
The work of police officers as they tackle street crime around west Wales. (R)(HD)

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"Quick game of pat-a-cake, Aaron?"



Spurs vs Real Madrid

SPORT **ITV1/HD, 7.30pm** Spurs have enjoyed every second of their debut Champions League experience. Let's just hope 'Arry's men are still smiling come full-time tonight! ★★★★★

"Lend me your bandana. I need a blindfold before we snog"



Sons Of Anarchy

DRAMA **SUSA, 10pm** An absolute corker of a finale to a US series that's simply blown us away. It's comeuppance time for Zobelle, and Gemma gets framed. Series three please! ★★★★★

Filming on *Friends: The Movie* turned nasty...



Scream

BBC1, 11.15pm
FILM Ingenious horror film that kickstarted a franchise. A bunch of teens are terrorised by a psychotic killer who taunts his victims over their lack of horror-film knowledge. ★★★

one

6.00am Breakfast **9.15** Animal 24/7
10.00 Homes Under the Hammer (R) **11.00** Filthy Rotten Scoundrels (R) **11.45** Cash in the Attic **12.15pm** Bargain Hunt (R) **1.00** BBC News, Weather **1.30** Regional News, Weather **1.45** Doctors **2.15** Escape to the Country **3.00** BBC News, Weather, Regional News **3.05** CBBC **5.15** Weakest Link **6.00** BBC News, Weather **6.30** Regional News Programmes, Weather

TWO

6.00am CBeebies **6.55** CBBC **8.30** CBeebies **11.35** **FILM** Too Many Crooks: Comedy with Terry-Thomas. **1pm** See Hear **1.30** Coast (R) **1.45** To Buy or Not to Buy (R) **2.30** Restoration Roadshow (R) **3.00** Flog It! (R) **3.45** Helicopter Heroes (R) **4.30** Pointless **5.15** Put Your Money Where Your Mouth Is (R) **6.00** Eggheads **6.30** Great British Menu

itv 1

5.30am ITV News **6.00** Daybreak **8.30** Lorraine **9.25** The Jeremy Kyle Show: Angry show. **10.30** This Morning **12.30pm** Loose Women **1.30** ITV News **1.55** Regional News, Weather **2.00** 60 Minute Makeover **3.00** The Alan Titchmarsh Show **4.00** Midsomer Murders (R) **5.00** Britain's Best Dish **6.00** Regional News, Weather **6.30** ITV News

4

6.10am Max Bear **6.20** The Hoobs (R) **7.15** Freshly Squeezed **7.40** Everybody Loves Raymond (R) **8.05** Frazier (R) **8.35** Friends (R) **9.05** Wife Swap USA (R) **10.00** Brothers & Sisters **10.55** Country House Rescue (R) **12.00noon** Channel 4 News Summary **12.05pm** Jamie at Home (R) **12.35** **FILM** Invasion of the Body Snatchers: Sci-fi thriller. **2.10** Cookery School **3.10** Countdown **4.00** Deal or No Deal **5.00** Fern **6.00** The Simpsons (R) **6.30** Hollyoaks

5

6.00am Milkshake! **9.15** The Wright Stuff **11.05** Bridezillas (R) **12.05pm** The Family Recipe (R) **12.10** 5 News Lunchtime **12.20** House (R) **1.15** Home and Away **1.45** Neighbours **2.15** The Vanessa Show **3.00** **FILM** Charms for the Easy Life: Period comedy drama starring Gena Rowlands, Mimi Rogers and Susan May Pratt. **5.00** 5 News at 5, Weather **5.30** Neighbours (R) **6.00** Home and Away (R) **6.25** OK! TV

sky1

7pm The Simpsons
Ned comes to the rescue when Homer is unable to pay his mortgage. (R)(HD)

7.30 The Simpsons
The family is sent to Alcatraz. (R)

8.00 A Different Breed
Following the planning of a dog wedding. We're guessing it was puppy love. Sorry. (HD)

9.00 An Idiot Abroad
Karl Pilkington stops off in Israel on his way to Petra, Jordan. Ace! (R)(HD)

10.00 Fringe
Weird drama. The team investigate an insect with a taste for human flesh. (HD)

11.00 Martina Cole's The Runaway
MUST-SEE Cathy is put into care at the mercy of an abusive headteacher. (R)(HD)

12.00m't Customs UK
Officers find ammunition destined for Devon. (R)(HD)

12.30am Road Wars (R)

WEDNESDAY'S SPORT

9.30am Master's Tennis, Sky Sports
1.5pm Wimbledon's Super League Football, ESPN. **7pm** Schallke Oil vs Gales, Sky Sports 2. **7.30pm** **MUST-SEE** Spurs vs Real Madrid, ITV1. **1am** Ashi Basketball, ESPN. **3.30am** NBA Basketball, ESPN.

THURSDAY'S SPORT

7am Golf, Sky Sports 2. **9.30am** Tennis, Sky Sports 1. **6pm** Europa League Football, ESPN. **7pm** Darts, Sky Sports 1. **7.30pm** Football, Sky Sports 2. **7.55pm** Europa League Football, Channel 5. **8pm** Europa League Football, ESPN.

7.00 The One Show
Topical stories.

7.30 DIY SOS: The Big Build
NEW Renovating a property in Aberystwyth, Wales.

8.30 Life of Riley
NEW Comedy starring Caroline Quentin and Neil Dudgeon. You don't need this in your life.

9.00 MasterChef
The four cooks are challenged to prepare a croquembouche for Michel Roux. Prepare it? We can barely pronounce it!

10.00 News, Weather

10.35 The National Lottery Wednesday Night Draws
More lucky swines get rich.

10.45 Would I Lie to You?
Fib-based game show with Hugh Dennis, Ben Fogle, Kate Silverton and Craig Revel Horwood. (R)

11.15 Scream
MUST-SEE Director Wes Craven's excellent tongue-in-cheek horror thriller starring Neve Campbell, David Arquette and Courteney Cox.

1am Sign Zone: See Hear (R) **1.30** Country Tracks (R) **2.30** Natural World (R) **3.30** Rip Off Britain (R) **4.00-6.00am** BBC News

7.00 Escape to the Country
People search for places in the middle of nowhere. (R)

8.00 Springwatch High Seas with Gordon Buchanan
The film-maker embarks on a quest to find and film those pesky little scamps, er, killer whales. (R)

9.00 The Crimson Petal and the White
Sugar finds out William's address and spies on his house.

10.00 The Victorians
Docu about yesteryear.

10.30 Newsnight
11.20 Wonders of the Solar System
The difference between Earth and Mars. Try spending a few hours on Mars, then you'll know. (R)

12.20am Wonders of the Solar System
Brian Cox considers the building blocks of life. (R)

1.20 BBC News: The big headlines. **4.00-6.00am** BBC Learning Zone

7.00 Emmerdale
Hold onto your hats - Paddy tries to get Marlon to help Rhona choose the baby's name!

7.30 UEFA Champions League
MUST-SEE The Special One's in town, and we reckon this could be a special game... actually, that sounds just like the kind of introduction ITV1'll give this before kick-off. Anyway, it's the second-leg of the quarter-final between Spurs and Real Madrid at White Hart Lane, and it kicks off at 7.45pm. Come on!

10.00 ITV News, Weather

10.35 UEFA Champions League: Extra Time
SPORT Action from the quarter-final second-leg clashes, featuring Spurs vs Real Madrid, Man United vs Chelsea, Schalke 04 vs Inter and Shakhtar Donetsk vs Barcelona.

11.35 Smugglers
The UK Border Agency seizes a consignment of drugs. (R)

12.30am The Zone

2.30 Spartacus: Conclusion. (R) **4.00-5.30am** ITV Nightscreen

7.00 News

7.55 4thought.tv

8.00 Vacation, Vacation, Vacation
Kirstie Allsopp and Phil Spencer go on a free holiday to Switzerland.

8.30 Superscrumpers: Waste Not Want Not
Dosh-saving docu.

9.00 Jamie's Dream School

10.00 Desperate Housewives
Susan's life hangs in the balance after being trampled on by the mob on Wisteria Lane. Must have been a new Ikea opening.

11.05 The Big C

11.40 Music on 4: Being N-Dubz in America and Beyond
NEW The band take a trip to America to work with leading US producers.

12.10am Abbey Road Debuts

12.30 4Play: Young Knives

12.45 4Play: The Chapman Family

1.00 The Album Chart Show
Spotlight **1.15** The Frontier House (R) **2.10** Vincent: The Full Story (R) **3.05** **FILM** Where the Sidewalk Ends **4.45** Great British Brands (R) **5.00**

7.00 5 News at 7

7.30 Starlight: For the Children
A girl from Doncaster is given a princess-style makeover.

8.00 Emergency Bikers
More medics on motorbikes. (R)

9.00 NCIS
Iraq war veteran Damon Werth asks Gibbs and the team to investigate the death of another former Marine.

10.00 Law & Order: Criminal Intent
A rapper is murdered. (R)

10.55 Law & Order: Special Victims Unit
A prostitute is killed. (R)

11.55 Poker: Aussie Millions
SPORT Action from the big-money event in Melbourne. Bonzer!

12.55am SuperCasino

4.00 Meals in Moments (R) **4.10** How Not to Decorate (R) **4.55** Rough Guide to Activity Holidays (R) **5.10** Wildlife SOS (R) **5.35-6.00am** House Doctor (R)



"No, I'm not 'just pleased to see you'. It's my tail!"

V **Syfy/HD, 9pm**
DRAMA This series has been infinitely superior to the last one, with the Vs finally showing their lizardy forms. Word to Tyler, you might want to reconsider getting off with Lisa the Lizard. ★★★★★



The chess team had never seen a real girl before

Glory Daze **E4, 9pm**
COMEDY This '80s college-based sitcom is silly but fun. Joel has a date, alas it's not with Christie, the girl of his dreams. Meanwhile, Eli is obsessed with *Top Gun*. We've been there, bud. ★★★★★



Deirdre's dress lowered the tone of the whole funeral...

Martina Cole's The Runaway **Sky1/HD, 9pm**
DRAMA Another dose of this gritty, grubby Brit drama. Eamonn flees the country after seeing Cathy. ★★★★★

one

6.00am Breakfast **9.15** Animal 24-7 **10.00** Homes Under the Hammer (R) **11.00** Filthy Rotten Scoundrels (R) **11.45** Cash in the Attic **12.20pm** Bargain Hunt (R) **1.00** BBC News, Weather **1.30** Regional News, Weather **1.45** Doctors **2.15** Escape to the Country **3.00** BBC News, Weather, Regional News **3.05** CBBC **5.15** Weakest Link **6.00** BBC News, Weather **6.30** Regional News Programmes, Weather

7.00 The One Show
Topical stuff.

7.30 EastEnders
Max wants to make things right with Tanya by getting his daughter to the wedding on time, but tragedy strikes. Prang on the way to wedding? Attacked by zombies? Oh, the possibilities are endless.

8.00 Watchdog
Another load of dodgy businesses get their wrists slapped.

9.00 New Tricks
Jack intervenes in a dispute aboard a luxury yacht. (R)

10.00 News, Weather

10.35 Question Time

11.35 Women, Weddings, War and Me
A 21-year-old Afghan woman returns to her place of birth.

12.40am Sign Zone: Neighbourhood Watch
Housing officers deal with a variety of problems. (R)

1.25 Living with the Ayatollah - Panorama (R) **1.55** Countryfile (R) **2.55** Antiques Roadshow (R) **3.55-6.00am** BBC News

TWO

6.00am CBeebies **6.55** CBBC **8.30** CBeebies **11.35** **Just My Luck: Comedy** **1pm** Diagnosis Murder (R) **1.45** To Buy or Not to Buy (R) **2.30** Restoration Roadshow (R) **3.00** Flog It! (R) **3.45** Helicopter Heroes (R) **4.30** Pointless **5.15** Put Your Money Where Your Mouth Is **6.00** Eggheads **6.30** Great British Menu

7.00 Shanties and Sea Songs with Gareth Malone
The choirmaster explores the history of shanties and sea songs in Britain's maritime past. We think we'd rather watch *Emmerdale* than this. That really is saying something. (R)

8.00 The Animal's Guide to Britain
NEW Like a television *Lonely Planet*-style guide for animals. But how on earth are they meant to know this is on? Do they have animal TV guides?

9.00 A History of Celtic Britain
The origins of Britain and its people.

10.00 Rhod Gilbert's Work Experience
The comedian gets a job as a tattooist's apprentice. Any money he does a tatt on Jodie Marsh.

10.30 Newsnight

11.20 Filthy Cities
The sights and smells of 18th-century Paris during the French Revolution. (R)

12.20am BBC News

4.00-6.00am BBC Learning Zone

itv 1

5.30am ITV News **6.00** Daybreak **8.30** Lorraine **9.25** The Jeremy Kyle Show **10.30** This Morning **12.30pm** Loose Women **1.30** ITV News **1.55** Regional News, Weather **2.00** 60 Minute Makeover **3.00** The Alan Titchmarsh Show **4.00** Midsomer Murders (R) **5.00** Britain's Best Dish **6.00** Regional News, Weather **6.30** ITV News

7.00 Emmerdale
More farmyard frolics.

7.30 Children of the Tsunami: Tonight
Japanese children whose lives have been devastated by recent events.

8.00 Emmerdale

8.30 Coronation Street
Maria snaps. And so will we if we have to watch this.

9.00 Monroe
A man begs Monroe to operate on his daughter.

10.00 ITV News, Weather

10.35 Benidorm
The Garveys prepare to celebrate the opening of Madge's bar. (R)

11.35 Caroline Quentin: A Passage Through India
Mmm, Indian food. (R)

12.30am The Zone

2.35 Children of the Tsunami: Tonight (R) **3.00** ITV Nightscreen **4.35-5.30am** Jeremy Kyle: Morning Surgery (R)

4

6.20 The Hoobs (R) **7.10** Freshly Squeezed **7.40** Everybody Loves Raymond (R) **8.05** Frasier (R) **8.35** Friends (R) **9.05** Wife Swap USA (R) **10.00** Brothers & Sisters **10.55** The Restoration Man (R) **12.00noon** News **12.05pm** Great British Brands (R) **12.15** River Cottage Bites (R) **12.20** **Destination Moon: Oldie sci-fi adventure** **2.10** Cookery School **3.10** Countdown **4.00** Deal or No Deal **5.00** Fern **6.00** The Simpsons (R) **6.30** Hollyoaks

7.00 News

7.55 4thought.tv

8.00 Three in a Bed

9.00 Terror Weapon of the Somme: A Time Team Special
A dig on the site of the Somme.

10.00 10 O'Clock Live
With David Mitchell, Jimmy Carr, Charlie Brooker and Lauren Laverne.

11.05 Friday Night Dinner
Adam is shocked to find his mother's set him up on a date by inviting Tanya Green to dinner. (R)

11.35 The Ricky Gervais Show
Karl Pilkington provides his brilliantly random thoughts on the subject of kidney stones.

12.10am Music on 4: Arctic Monkeys: Video Exclusive
The Sheffield band's new video. Ace!

12.20 Album Chart Show Introduces Wretch 32

12.35 4Play: James Vincent McMorrow

12.50 Face of Britain (R)

1.45 A Harlot's Progress **3.35** Unreported World **4.00** Dispatches (R) **4.55** Wogan's Perfect Recall (R) **5.20-6.05am** Countdown (R)

5

6.00am Milkshake! **9.15** The Wright Stuff **11.05** Bridezilla (R) **12.05pm** The Family Recipe (R) **12.10** 5 News Lunchtime **12.20** House (R) **1.15** Home and Away **1.45** Neighbours **2.15** The Vanessa Show **3.05** The Family Recipe (R) **3.15** **Prayers for Bobby: Fact-based drama starring Sigourney Weaver** **5.00** 5 News at 5, Weather **5.30** Neighbours (R) **6.00** Home and Away (R) **6.25** OK! TV

7.00 5 News at 7

7.25 How Do They Do It?
What should be a really interesting show manages to be duller than watching paint dry. (R)

7.55 UEFA Europa League Football
LIVE! All the action from a quarter-final second-leg match, but there are no British clubs left in it any more, so we're not all that interested. Kick-off's at 8.05pm, just so you know.

10.00 Striking Distance
REM Action thriller starring Bruce Willis as a Pittsburgh river patrol cop pursuing a serial killer. And we thought it was just going to be another Van Damme movie! Well, with a title like that, can you blame us?

12.10am Super Casino

4.00 Meals in Moments **4.10-4.55am** How Not to Decorate

sky1

7pm The Simpsons
Homer heads to Jerusalem with Flanders. (R)(HD)

7.30 The Simpsons
Reports of Mr Burns' death provoke a media storm. (R)

8.00 Hawaii Five-O
Five-O investigate when a wife claims she and her husband were abducted. (R)(HD)

9.00 Martina Cole's The Runaway
MUST-SEE Desperate takes Cathy under her wing. (HD)

10.00 Game of Thrones Preview
A look ahead to the incredible new fantasy series. (HD)

10.15 House
The team treats a man who suffers constant pain. (R)(HD)

11.15 NCIS: Los Angeles (R)(HD)

12.15am Customs UK
A passenger smuggling cigarettes. (R)(HD)

12.45 Road Wars

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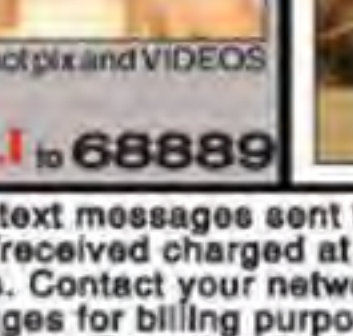
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Sexy girls who know when its a 1min quickie session. SUPERFAST QUICKIE RELIEF just when you want it xxx

0909 897 0612



40+ FRUSTRATED AND READY

Looking for many partners, any age/size to unleash their total fantasies its live, horny & cheap!

0909 897 9405



I'LL BLOW UR MIND

Filthy thrills that'll blow your mind. If you want IT live. Call for serious XXX relief now and get your rocks off fast and dirty

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ONLY JUST 18+

Real hot and up for it! Home alone being naughty Eager & keen to please you right now. Prepare to be totally shocked!

0908 145 2545



RING ME, LISTEN AND GET OFF

Pleasure each other totally live for full & total relief on the cheap. Girls waiting to hear from you

0909 466 7250



HORNY GIRLS READY AT HOME

Bad girls 18+ to 75+ do the deed live in private on your phone 121. Call now for ultimate relief x

0908 145 3021



OLD BETTY 62

She loves a good time can you help? its cheap dirty action - you will get addicted. Its amazing how much you'll be turned on!

0908 145 2975



CHEAP AND LIVE

Hot intense cheap adult 121. Like minded ladies in your area craving for deep raw passion in their lives. Call them now x

0909 466 7252



SINGLE & SEXY

Hot alone and ready to give fulfillment superfast! If you want naughty babes, mature ladies, bad chicks or horny wives. Try us x

0908 145 2976



NAUGHTY DREAMS JUST FOR YOU

Looking for XXX relief, call us today for a really back breaking time of sheer lust & banging relief

0908 145 3020



STUDENTS 18+

Can you handle these shocking students who will do anything and everything it takes! Use them over & over again

0908 145 0578



LUSH & LOCAL

Incredibly filthy skilled local babes ready to take a firm grip. They know just how to handle any thing you've got to give

0908 145 2974



OFFICE JUNIORS

Bored at work or very frustrated at home? Give us a call to unleash our naughty thoughts. Get off superfast in secs x

0909 466 7251



DIVORCED & SEXY

Very bad women who will do all you desire. Many horny partners needed urgently for hard play xxx Please call, available 24-7

0908 145 0577



SEXY & PHYSICAL

Easy natured hotties eager to meet guys who love to play rough. They do WHATEVER it takes to get your firm attention

0909 897 9447

SEXY TEXT WITH LOCAL GIRLS - JUST TEXT 'EASY' TO 69469

Nuts PUB AMMO

Another perfectly pulled pint of fascinating facts!



"Hey - this maraca smells funny and it doesn't sound right!"

The image virtually leapt off the canvas



The Garlic & Shots restaurant in London doesn't serve any dishes that don't contain garlic. This includes their signature dish of **garlic cheesecake**.

Mobius Syndrome, a rare genetic condition that afflicts between two and 20 people per million, leaves the sufferer unable to blink or form facial expressions.

In 2006, a Picasso painting, *La Reve*, was set to sell for £87m until its owner, Stephen Wynn, accidentally **poked a hole** in it with his elbow.

The Amazon rainforest is known as "the lungs of the planet" because it "breathes out" about 20 per cent of the Earth's oxygen.

Because of the largely Hindu population who revere the cow as sacred, the most popular burger in McDonald's in India is called a **Maharaja Mac** and is made of lamb.

In 1994, a West Virginia prison inmate escaped by scaling a wall using a rope fashioned entirely from dental floss.

In 2006, a Sudanese man was ordered to **marry a goat** by the rest of his village after he was caught having sex with it.

The length of the coastline around mainland Britain is 11,072.76 miles.

In December 2006, Ru Anting of China set a world record by extinguishing five candles in 17 seconds using only **milk** squirted from his eye.

PUB AMMO ON... BEN & JERRY'S

"Damn - we used one too many cones again!"



Tab was looking forward to the threesome

- The first Ben & Jerry's store opened in Vermont, USA, in 1978.
- The friends the chain's named after were born four days apart, with Jerry the elder of the two.
- In 2005, they made a 400kg baked Alaska to protest against oil drilling in Alaska.
- In 2009, the Chubby Hubby was renamed Hubby Hubby to celebrate legalisation of gay marriage.
- 12 April is Free Cone Day, when customers can get a free cone from any of participating store - see benjerry.co.uk/freeconeday.



"I wish there was a Subway round here!"



"Ha - the perfect distraction while I pick my nose!"



Rolf Harris's Animal Hospital had gone downhill

Nuts Jennifer Metcalfe

